

# express

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## Tuesday



Barbaro's struggles drew national attention.

**Fight to the Finish:** Derby winner Barbaro euthanized | **10**

**Metro Overhaul:** New chief announces safety initiatives | **9**



**Lovie Dovie:**  
Bears thrive off of Smith's nice-guy approach | **11**

### ENTERTAINMENT



#### If It Ain't Broke ... :

Norah Jones is up to her usual tricks on her latest CD. Also, educational video games.

> **16-21**

**Weather** >> Partly Sunny



**40 | 24**

FULL FORECAST ON PAGE 30

## Cult Leader Killed in Fighting, Iraqis Say



**CAUGHT:** Arrested militants sit blindfolded Monday in Zarqa, where Iraqi officials say at least 200 members of a heavily armed cult of messianic Shiites called "the Soldiers of Heaven" died in a fierce gunbattle. The group's leader was also killed, Iraq's army said. ♦ **Iraqi cult:** Who are the "Soldiers of Heaven"? | Page 6

## Fairfax Rivals D.C. in Growth

Size of county's burgeoning private sector stuns economists

**WASHINGTON** | Fairfax County has emerged as a jobs powerhouse that far outpaces Montgomery County and rivals the District as the region's economic core, according to a new federal report that details a profound shift in the Washington area over the past 15 years.

The region's lessening reliance on federal employment and the growth of the Northern Virginia economy are well-established trends, but Bureau of Labor Statistics economists who produced the report said they were stunned at how strong the movement has been.

The report is based on data that is more detailed and accurate than the routine, survey-based updates from the agency.

In 1990, the report states, about 16 percent of the region's workers held federal government jobs, the same proportion as worked in private sector professional jobs. By 2005, though, the region's share of jobs in the federal government had fallen to 12 percent, while the share of private sector professional

services had jumped to 22 percent.

What struck economists was just how much of the region's growth in professional and business service jobs has occurred in Fairfax: roughly 100,000 additional jobs, or nearly half of the region's total increase in that category. In essence, the report's authors said, the region now has an unusual dual job core, with one base in the District, built around its remaining federal jobs, and another in Fairfax, built around its burgeoning private sector. ALEC MACGILLIS (THE WASHINGTON POST)

♦ **Half-joking:** "We are the downtown and Washington is our suburb." | Today's Washington Post, Page A1

**NOT SWEARING | This Flippin' Ban Is Bull** Watch your language — this is Shanghai. The Chinese city is considering a law against using swear words in public. A government spokesman said the ban may be included in a law targeting spitting, littering,



smoking, jaywalking and other behavior deemed disruptive or anti-social. The law needs to address swearing because that language could also cause simple arguments to escalate into violence, city government adviser Luo Huarong said. (AP) **EyeOpeners** | Page 2

# eyeOpeners

## HEALTH

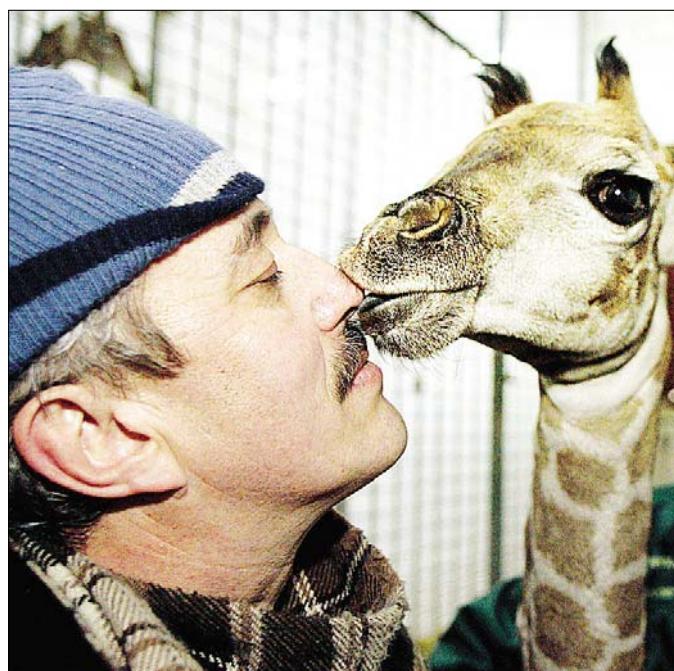
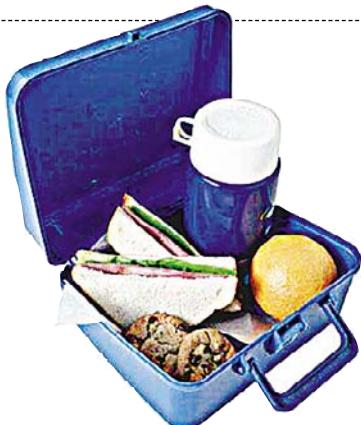
**Great Idea: Let's Make Doughnuts Addictive!**

A molecular scientist in Durham, N.C., who moonlights as a cafe owner developed a way to add caffeine to baked goods that eliminates the natural, bitter taste of caffeine. "This gives people the opportunity if they want to have a glass of milk and want to have caffeine. It will get them going," Dr. Robert Bohannon said. The amount of caffeine in his creations can vary, but Bohannon can easily put 100 milligrams of caffeine — the equivalent of a 5-ounce cup of drip-brewed coffee — into the treats he plans to market under the "Buzz Donuts" and "Buzzed Bagels" names. (AP)

## SOLUTIONS

**One More Choking, And We'll Ban Food**

The chapel isn't the only place where silence is expected at one Warwick, R.I., Catholic school. The Saint Rose of Lima School has new lunch rules that require students to remain silent during lunch. The move comes after three recent choking incidents in the school cafeteria. (AP)



MARTIN OESER/AF/GETTY IMAGES

## NEWBORNS

**Alive and Licking**

Giraffe calf Shani is only 2 weeks old, but she's already necking with boys. That's her licking the nose of zookeeper Viktor Winter on Thursday at the zoo in Neunkirchen, Germany, where she was born. Ah, they grow up so fast ... emphasis on the "up." (EXPRESS)



We find you guilty and sentence you to three years of playing with cute kittens.

## PETS

**Prison the Same as Working at the SPCA**

At the Southeast State Correctional Facility in Windsor, Vt., inmates are subjected to head counts every day. Not Ziggy, Marmalade, Smokey and Shane, though — they come and go as they please. They're prison cats — but only for now. They are being removed from the prison by the superintendent, to the chagrin of inmates who feed them, pay for their care and cherish them. Cats have been fixtures at the prison since the 1980s, keeping it mouse-free. (AP)



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**CASTRO COUNTDOWN:** Miami is planning an official celebration at the Orange Bowl whenever Cuban President Fidel Castro dies. Discussions by the commission to plan the event have covered issues such as a T-shirts, musicians and cost.

## Nation

### In Brief

BALTIMORE

#### Hubble Camera's Shutdown Is Deemed a 'Great Loss'

The primary camera on the Hubble Space Telescope has shut down and is likely to be only marginally restored, NASA said, a collapse one astronomer called "a great loss." While other scientific work can still be done by the aging observatory, the unit that failed, the Advanced Camera for Surveys, is the one most scientists depend upon. NASA scientists say they expect to be able to restore just one-third of its ability. (AP)



Emma Faust Tillman had been the world's oldest person for four days.

HARTFORD, CONN.

#### Oldest Person Dies at 114

Emma Faust Tillman, who was born to former slaves and lived to see 21 American presidencies, died at a nursing home just four days after becoming the world's oldest-known living person. She was 114. Tillman, who lived independently until she was 110, died Sunday night, said Karen Chadderton, administrator of Riverside Health and Rehabilitation Center in East Hartford. (AP)

# Fleischer Contradicts Libby at Trial

Former press secretary says Cheney aide told him Plame's identity

WASHINGTON | Former White House press secretary Ari Fleischer testified Monday he first heard that a prominent war critic's wife worked at the CIA from vice presidential aide I. Lewis "Scooter" Libby. He said he thought the information might help deflect critical questions from reporters.

Fleischer said Libby told him about Valerie Plame's job at the CIA over a lunch in the White House mess on July 7, 2003. But Libby has told investigators he thought he first learned about Plame on July 10 from NBC reporter Tim Russert.

Four other government witnesses



**STAR WITNESS:** Former White House press secretary Ari Fleischer leaves the federal courthouse after testifying against I. Lewis "Scooter" Libby on Monday.

also have said they discussed Plame with Libby before July 10, and the discrepancy between those accounts and what Libby told the FBI and a grand jury are a major component of the perjury and obstruction-of-justice charges against Vice President Dick Cheney's former chief of staff.

Libby now says his memory failed him when he spoke to Russert.

Acknowledging that he fielded lots of hostile questions at the White House, Fleischer proved to be an unflappable witness, even under cross-examination. Fleischer testified under an immunity agreement with prosecutors. He said he sought the deal after reading about the investigation and worrying, "Oh, my God. Did I somehow play a role in outing a CIA operative?"

MICHAEL J. SNIFFEN (AP)

# Nuke Agency: Air Defense Impractical

Commission's plan calls for military, FAA to protect power plants

WASHINGTON | Making nuclear power plants crash-proof to an airliner attack by terrorists is impractical and it's up to the military to avert such an assault, the government said Monday.

The Nuclear Regulatory Commission, in a revised security policy, directed nuclear plant operators to focus on preventing radiation from

escaping in case of such an attack and to improve evacuation plans to protect public health and safety.

"The active protection against airborne threats is addressed by other federal organizations, including the military," the NRC said.

The agency rejected calls by some nuclear watchdog groups that the government establish firm no-fly zones near reactors or that plant operators build "lattice-like" barriers to protect reactors, or be required to have anti-aircraft weapons on site to shoot down an incoming plane.

The NRC, in a summary of the mostly secret security plan, said such proposals were examined, but that it was concluded the "active protection" against an airborne threat rests with organizations such as the military or the Federal Aviation Administration.

It said that various mitigation strategies required of plant operators — such as radiation protection measures and evacuation plans — "are sufficient to ensure adequate protection of the public health and safety."

H. JOSEPH HEBERT (AP)

# Serial Molester Gets 150 Years

SAN JOSE, CALIF. | A man prosecutors said was one of the nation's most prolific child molesters was sentenced Monday to 150 years in prison for abusing two 12-year-old boys.

Dean Arthur Schwartzmiller, 64, who also had been convicted of sexual assaults in several states over three decades, was sentenced to the maximum term on 11 felony counts of child molestation and one misdemeanor charge of child pornography possession. (AP)



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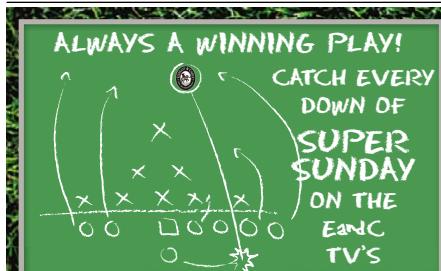
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## Nation

# Bush Takes Hard Line Against Iran

President promises a firm response to any military action in Iraq

**WASHINGTON** | President Bush said Monday the United States "will respond firmly" if Iran escalates military action in Iraq and endangers American forces. But Bush emphasized he has no intention of invading Iran.

Bush also acknowledged skepticism concerning U.S. intelligence about Iran, because Washington was wrong in accusing Iraq of harboring weapons of mass destruction before the U.S.-led invasion in 2003. "I'm like a lot of Americans that say, 'Well, if it wasn't right in Iraq, how do you know it's right in

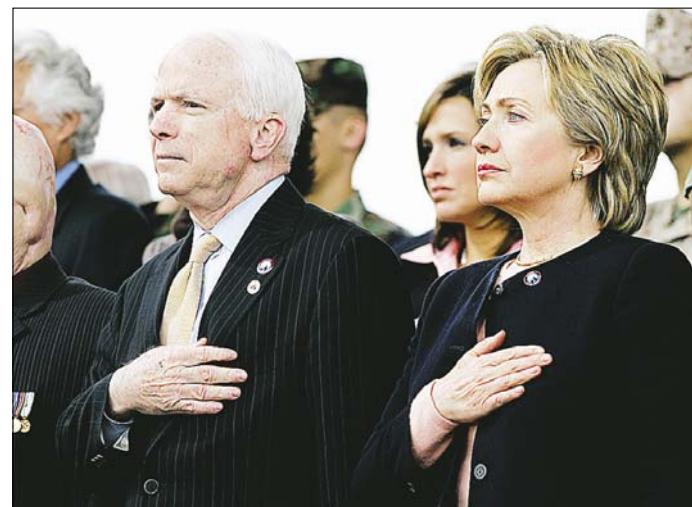
Iran?'" the president said.

The president, in an interview with NPR, said the United States was "constantly evaluating and answering this legitimate question by always working to get as good intelligence as we can."

The United States accuses Iran of supplying terrorists and insurgents in Iraq with improvised explosive devices that have become the most lethal threat to U.S. forces. The Bush administration says it decided to take a tougher line with Tehran after months of evidence showing Iran was assisting anti-U.S. forces.

"If Iran escalates its military action in Iraq to the detriment of our troops and/or innocent Iraqi people, we will respond firmly," the president said. **TERENCE HUNT (AP)**

**SAN ANTONIO** | INTREPID EFFORT TO AID TROOPS



ERIC GAY/AP

**POLITICS ASIDE:** Sen. John McCain, R-Ariz., and Sen. Hillary Rodham Clinton, D-N.Y., help dedicate the Center for the Intrepid, a rehabilitation center designed to aid troops who return from war as amputees or with severe burns.

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## Israel May Have Misused U.S. Bombs

**WASHINGTON** | Israel probably misused American-made cluster bombs in civilian areas of Lebanon during the war against Hezbollah last summer, the State Department said Monday.

A preliminary report on the issue was sent Monday to the leader of the

House of Representatives, Nancy Pelosi, and Senate Foreign Relations Committee chairman Joseph Biden. It is up to Congress to determine whether further investigation is warranted. A State Department spokesman was unable to provide details of the investigation. (AP)

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# World



**RAINED OUT:** Floods and storms were the most frequent natural global disasters in 2006, while extreme temperatures raised the death toll in Europe by 5 percent compared with the average for the past five years, the United Nations said Monday.

# Shiite Cult Tied to Fierce Iraq Battle

Iraqi army claims it killed leader of heavily armed splinter group

**BAGHDAD, IRAQ** | Iraq's army announced Monday it killed the leader of a heavily armed cult of messianic Shiites called "the Soldiers of Heaven" in a fierce gunbattle aimed at foiling a plot to attack leading Shiite clerics and pilgrims in the southern city of Najaf on the holiest day of the Shiite calendar.

Senior Iraqi security officers said that as part of the plot, three gunmen were captured in Najaf after renting a hotel room in front of the office of Iraq's most senior Shiite spiritual leader, Grand Ayatollah Ali al-Sistani, with plans to attack it.

The fierce 24-hour battle was ultimately won by Iraqi troops supported by U.S. and British jets and American ground forces, but the ability of a splinter group to rally hundreds of heavily armed fighters was a reminder of the potential for chaos.

Members of the group, which included women and children, planned to disguise themselves as pilgrims and kill as many clerics as possible, said Maj. Gen. Othman al-Ghanemi, an Iraqi commander.

The cult's leader, wearing



**FOCAL POINT:** Shiite men carry Iraqi flags as part of the annual Ashoura festival celebrations held on Monday in Karbala, Iraq.

WAHO KHUZAI/GETTY IMAGES

## WHO ARE THE CULTISTS?

→ According to Iraqi officials, the cultists were led by Dia Abdul Zahra Kadim, a Shiite who claimed he was the "hidden imam," a descendant of the Prophet Muhammad who disappeared in the 9th century. Shiites believe he will come again to restore peace and justice. The cultists appeared to be mostly poor Shiite farmers. (AP)

jeans, a coat and a hat and carrying two pistols, was among those who died in the battle, al-Ghanemi said. Although he went by several aliases, he was identified as Dia Abdul Zahra Kadim, 37, from Hillah, according to Abdul-Hussein Abtan, deputy governor of Najaf.

The U.S. military said Iraqi security forces were sent to the area Sunday after receiving a tip that gunmen were joining pilgrims

headed to Najaf for Ashoura, a commemoration of the 7th-century death of Imam Hussein, grandson of the Prophet Muhammad.

The planned attack on Najaf was an attempt by the cult to force the return of the "hidden imam," a 9th-century saint who Shiites believe will return to bring peace and justice to the world, according to Ahmed al-Fatlawi, a member of the Najaf provincial council. (AP)

## N. Ireland Set To Hold Pivotal Election in March

**BELFAST, NORTHERN IRELAND** | Britain closed down the Northern Ireland Assembly at the stroke of midnight Tuesday and planned a new election that will determine the fate of power-sharing, a long-elusive aim of the province's peace accord.

The official dissolution of the 108-member assembly — which was elected in 2003 but failed to form a cross-community administration — will permit rival British Protestant and Irish Catholic parties to campaign for stronger mandates in the run-up to a March 7 election. (AP)

## Darfur Crisis Dominates AU Summit

Sudan's bid to lead African bloc rebuffed; Ghana chosen instead

**ADDIS ABABA, ETHIOPIA** | Bloodshed in Sudan's Darfur region dominated the African Union summit Monday, undermining Sudan's bid to lead the bloc as the U.N. chief said scorched-earth military policies are "a terrifying feature of life" in the vast, arid area.

With Sudanese President Omar al-Bashir looking on, U.N. Secretary-General Ban Ki-moon said "the toll of the crisis remains unacceptable," with more than 200,000 people killed and 2.5 million dis-



President John Kufuor of Ghana, center, leaves the summit in Addis Ababa.

placed in four years of fighting.

He called on African leaders to end the deadlock created by Sudan's refusal to allow U.N. peacekeepers into Darfur.

Hours later, in a rebuff to al-Bashir, the African Union chose Ghana to head the 53-member bloc, turning aside Sudan's bid for the post.

Alpha Oumar Konaré, the AU's chief executive, said Sudan supported the decision, but Sudanese leaders had been adamant that their country deserved the rotating chairmanship.

"This is a very unfortunate development," Sudanese Foreign Ministry spokesman Ali Sadiq said in Khartoum, Sudan. "The African heads of states had committed to this last year. That they changed their mind shows there was heavy pressure from outside Africa." (AP)

## In Brief

### CARACAS, VENEZUELA

#### Chavez to Gain New Powers To Change Energy Industry

Venezuelan lawmakers said Monday they would give President Hugo Chavez special powers to make changes to the country's oil, gas and electricity industries by presidential decree. National Assembly President Cilia Flores said lawmakers loyal to Chavez would approve an "enabling law" allowing the leader to pass measures by decree for 18 months in the "energy sphere" in addition to 10 other areas announced earlier, ranging from the economy to defense. (AP)

### ISLAMABAD, PAKISTAN

#### Suicide Blast, Rocket Fire Target Shiite Worshippers

A suicide bomber killed a police officer protecting a Shiite Muslim procession in northwestern Pakistan on Monday and rocket fire injured 11 worshippers at a Shiite mosque, stoking fears of sectarian bloodshed as the holy festival of Ashoura builds toward its climax. Interior Minister Aftab Khan Sherpao said one policeman and one civilian were killed. A similar attack on Saturday near a Shiite mosque in the city of Peshawar killed 15 people. (AP)

### MOSCOW

#### Mayor Vows Never to Allow 'Satanic' Gay Rights Parade

Moscow's mayor vowed Monday never to allow a gay rights parade, calling such events "satanic," but activists said they would defy a city ban to hold what would be the Russian capital's first gay rights parade. Yury Luzhkov and city authorities had barred activists from staging a parade last year, citing the threat of violence. Activists ignored the ban, and were pummeled by protesters and detained by police. (AP)

## Gaining a New Voice

→ For Bolivian President Evo Morales, an attempt to elevate native languages such as Aymara and Quechua has become emblematic of his government's ambitious indigenous-based social agenda. | Today, A Section

**IN** The Washington Post

842

The number, in millions, of international tourist arrivals recorded in 2006, a 4.5 percent increase from the previous year, data show. Tourism is forecast to grow 4 percent in '07.

## World

# Bombing Kills 3 in Israel

Palestinian suicide attack is first inside country in 9 months

EILAT, ISRAEL | A Palestinian suicide bomber killed three Israelis at a bakery Monday in the first such attack inside the country in nine months, and the two radical groups that claimed to have sent him said they were trying to end weeks of Palestinian infighting by taking aim at Israel instead.

The bombing was praised by the Palestinians' governing Hamas movement as legitimate resistance — a position that was sure to hurt efforts to end a crippling economic boycott imposed by the international community.

The attack also jeopardized a two-month truce in the Gaza Strip. Israeli security chiefs met late Monday to discuss a response.

It was the first suicide bombing in this Red Sea resort at Israel's southern tip. The town is a popular getaway because it has been insulated from Israeli-Palestinian violence by its distance from the West Bank and Gaza Strip.

Shattered glass and body parts



**AFTERSHOCK:** An Israeli woman is comforted as she reacts at the site of a suicide bombing that killed three people in the southern city of Eilat, Israel, on Monday.

were strewn on the sidewalk outside the bakery. Two of the victims were the owners of the bakery.

A relative identified the third victim as Yisrael Zalmalloa, who immigrated to Israel from Peru.

"It was awful — there was smoke, pieces of flesh all over the place," said Benny Mazgini, a 45-year-old witness.

Islamic Jihad and the Al Aqsa Martyrs' Brigades claimed joint

responsibility. Both militant groups said they hoped to encourage warring Palestinian factions to end weeks of clashes.

Early Tuesday, officials from the rival Fatah and Hamas movements announced a new cease-fire. Negotiated with Egyptian mediators, the agreement was supposed to end bloodshed that has left more than 60 Palestinians dead since early December. ARIEL SCHALIT (AP)

# Thailand OKs Selling Generics of Key Drugs

Officials say costs of HIV, heart medicines justify bucking patents

BANGKOK, THAILAND | Thailand paved the way Monday for allowing the sale of generic versions of two drugs, one to treat HIV/AIDS and the other for heart disease, effectively breaking their patents, officials said.

The decision to allow for either the production or purchase of generic versions of the drugs was applauded by aid agencies and activists, who said it would improve the lives of thousands of people, and set an example for other countries.

Public Health Minister Mongkol

Na Songkhla said the decision was justified under international trade rules because the drugs' high cost constituted a crisis for the country's health sector.

According to the World Trade Organization's agreements on intellectual property, a government may issue a compulsory license in case of a national public health emergency. Such action has been taken by several countries, most notably Brazil and India, especially in the case of HIV medicines.

The drug to treat HIV is Kaletra, produced by U.S. health care company Abbott Laboratories. Plavix, a blood thinner, is sold by France's Sanofi-Aventis SA and Bristol-Myers Squibb Co. AMBIKA AHUJA (AP)

## Top Congolese Warlord to Face ICC Judgment

THE HAGUE, NETHERLANDS | A Congolese warlord accused of sending child soldiers to fight in a tribal conflict was ordered Monday to stand trial, becoming the first suspect ever to face judgment before the International Criminal Court.

A three-judge chamber found evidence was strong enough to "establish substantial grounds to believe" that Thomas Lubanga was responsible "for war crimes consisting of enlisting and conscripting children under the age of 15," said presiding judge Claude Jorda of France.

Monday's decision was a landmark for the Hague-based court, the world's first permanent war crimes tribunal, set up in 2002. (AP)

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## Money

# Match.Com Woos Boomers

Online dating site tops in subscribers thanks to use by older singles

FAIRFIELD, CONN. | One winter evening, Priscilla Williams logged on to her computer and sorted through electronic photographs of men who had checked out her profile on the online dating site Match.com: an 80-year-old practicing lawyer, a retired professor, and a Floridian who resembled rocker Eric Clapton.

"The sheer numbers mean that I might meet someone I'm not afraid to bring home," says the 61-year-old widow.

After years of losing subscribers to racier rivals and new social-networking sites geared toward

young singles, Match has become the largest online dating site in the U.S. by subscriptions, with 1.3 million members. One big reason: older daters such as Williams.

Match has been reaching out to singles over 50 and divorcees, pitching itself as a destination for mainstream daters who want serious relationships. It made its site easier to navigate for people who are not Internet-savvy. The site, owned by Barry Diller's IAC/Interactive Corp., features a free magazine with articles on single parenthood and the love life of baby boomers.

The success is a bright spot for Diller, who is trying to wring profits from IAC's stable of Web businesses. His better-known brands include the search engine Ask, the loan exchange Lending Tree, the invi-

tation service Evite, and the local search site CitySearch. Although Match made up less than 5 percent of IAC's \$6.5 billion in sales over the past 12 months, it contributed more than 10 percent of the company's \$464 million in operating profit.

Match's success in targeting older daters, as well as other overlooked markets, also reflects a maturing Web industry that is expanding beyond its fixation on the very young and tapping other demographics, including the wealthy market of boomers.

Older daters "spend more money per month and are more likely to subscribe for a longer period," says Nate Elliott, an analyst with JupiterResearch.

SARA SILVER (THE WALL STREET JOURNAL)

## Air America Radio Finds N.Y. Buyer

NEW YORK | Air America Radio, a liberal talk radio network, said Monday that it had reached a tentative agreement to be sold to the founder of a New York area real estate company. The network also said that Al Franken, its longtime headline personality, would depart next month.

The agreement with Stephen Green, the founder and chairman of SL Green Realty Corp., appears

to rescue the struggling network, which has been seeking a buyer since last fall, when it filed for bankruptcy reorganization after reaching an impasse with one of its creditors.

Any sale would have to be

approved by the bankruptcy court. The company has signed what is called a letter of intent to sell itself to Green and expects to agree on financial terms soon, Air America spokeswoman Jaime Horn said.

The network said in a statement that Franken's last day on the air would be Feb. 14, and that his noon-3 p.m. ET time slot would be taken over by Portland, Ore.-based talk show host Thom Hartmann. (AP)

### New York Stock Exchange

#### Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
FstRepBk	53.63	+15.33	+40.0
Abitibi g	3.33	+.69	+26.1
Bowatr	27.44	+5.29	+23.9
ParPhrm If	27.01	+2.77	+11.4
CF Inds	31.48	+2.78	+9.7

#### Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Ampco	28.57	-1.84	-6.1
LLE Ry	2.50	-.16	-6.0
FMCG	55.09	-3.40	-5.8
Sysco	34.02	-2.08	-5.8
USG	52.60	-2.90	-5.2

#### Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.25	5.25
3-month disc	5.01	5.00
2-year	4.99	4.91
10-year	4.89	4.76
30-year	5.00	4.85

### NASDAQ Stock Market

#### Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
PremCmty	33.18	+12.98	+64.3
MolecDev	35.07	+11.19	+46.9
SticLtd	14.17	+4.17	+41.7
Synagro	5.72	+1.24	+27.7
Iomai	5.85	.11	+1.9

#### Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
GigaTr	2.24	-.66	-22.8
OriginAg	8.82	-2.42	-21.5
QltyDistr	9.67	-1.76	-15.4
PeopEduc	3.86	-.62	-13.8
Radware	12.84	-1.80	-12.3

### Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5103	.5105	.5657
Canadian Dollar	1.1822	1.1805	1.1485
European Euro	.7718	.7746	.8261
Japanese Yen	121.94	121.58	117.27
Mexican Peso	11.0836	11.0593	10.4460
Taiwanese Dollar	32.99	32.96	31.98

### Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	69.97	-.153	+2.4
Amylin	38.51	-.25	+6.8
BiogenIdec	47.68	+.16	-3.1
Celgene	53.59	-.37	-6.8
ChRvLab	44.85	+.13	+3.7
GenProbe	51.14	-.33	-2.3
Genentech	86.31	-.26	+6.4
Genzyme	65.21	-.02	+5.9
GileadSci	63.19	+.46	-2.7
Imclone	29.25	+.133	+9.3
Invitrogen	61.01	+.52	+7.8
MedImmune	34.07	+.33	+5.3
MillPhar	11.19	-.05	+2.7
QIAGEN	16.49	-.11	+9.0
VertxPh	35.31	+.28	-5.6

+3.76

+0.03

12490.78

+5.60

+0.23

2441.09

-1.56

-0.11

1420.62



**EXAMINER EXEC:** A news editor who led the Houston Chronicle's Washington bureau has been made executive editor of the Washington Examiner. Stephen G. Smith arrives at the newspaper with more than 25 years of experience in area news.

## Local



Capitol Hill police try to remove a banner protesting the war in Iraq during a demonstration by the group CODEPINK on Monday in the Hart Senate Office Building.

## Nine Arrested in Iraq Protests on the Hill

Group reads names of war dead inside House building, tosses roses

WASHINGTON | Nine anti-war protesters were arrested Monday when they gathered in a House office building to read off the names of American and Iraqi war dead.

U.S. Capitol Police spokeswoman Sgt. Kimberly Schneider said the nine were charged with unlawful assembly. Several dozen protesters congregated around a courtyard pool inside the Rayburn House Office Building, throwing yellow roses onto the ice as they recited the names of Iraq war victims.

The demonstration was a follow-up to Saturday's anti-war demon-

stration that drew tens of thousands to the National Mall.

Also on Monday, about 100 people staged a short demonstration in the Hart Senate Office Building, with demonstrators waving children's shoes to represent Iraqi children killed in the war and unfurling anti-war banners from the balconies around the building's atrium.

"We feel the American people don't know how many Iraqis have been killed because of the American invasion," said Medea Benjamin, co-founder of the national women's peace group CODEPINK.

The protesters dispersed to visit senators' offices and lobby for support of resolutions to stop funding for the war. (AP)

### MARYLAND

Mid-day Pick 3	4-3-0
Evening Pick 3	6-5-7
Mid-day Pick 4	2-6-5-3
Evening Pick 4	5-7-4-0
Match 5	6-11-14-18-35 (30)

### VIRGINIA

Mid-day Pick 3	9-6-4
Mid-day Pick 4	6-6-6-4
Mid-day Cash 5	4-6-14-20-32

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

## The Lotteries

Monday, January 29

### DISTRICT

Mid-day Lucky Numbers	4-8-6
Evening Lucky Numbers	1-2-4
Mid-day DC 4	2-5-8-9
Evening DC 4	0-2-2-2
Rolling Cash Five	28-12-2-20-35
Daily 6	34-21-17-29-39-7 (23)

# Metro Leader Talks Safety

Catoe says a change in the agency's culture is needed to fix problems

WASHINGTON | Metro's new chief executive announced a safety overhaul Monday, promising to change the agency's culture and give employees the power to take preventive action, such as halting train service, when they spot a problem.

The announcement by John B. Catoe Jr., who was sworn in last week, follows a series of accidents that have raised concerns from fed-

al officials and riders about the subway to Metro headquarters from his home, also said he would require top managers to ride the system and will eventually require lower-level managers to use it as well. All Metro employees ride the system free.

Catoe also said he would not raise fares to balance the budget until Metro is "as lean as possible." To determine whether the agency can make additional administrative cuts, an outside company firm is reviewing "every position, every function and every major contract," he said.

Catoe, who rides the bus and

subway to Metro headquarters from his home, also said he would require top managers to ride the system and will eventually require lower-level managers to use it as well. All Metro employees ride the system free.

Metro officials have been criticized in the past for being out of touch with employees and riders. Richard A. White, who was forced out as the top executive last year, drove to work from his Fairfax, Va., home in his Metro-issued sport-utility vehicle until pressured by the board to commute on the system.

LENA H. SUN (THE WASHINGTON POST)

## Midshipman's Court-Martial Is Set

WASHINGTON | A military judge on Monday set an April court-martial date for a former Naval Academy football player on charges alleging he sexually assaulted two female midshipmen.

Midshipman Kenny Ray Morrison, 24, did not enter a plea dur-

ing an arraignment Monday on two counts of indecent assault and two counts of conduct unbecoming an officer and a gentleman.

Defense lawyer William Ferris said not entering a plea allows Morrison to later file a motion to dismiss the charges. (AP)

### HEARSAY | ON TRIAL

"[He] knew people who were involved in foreign terrorist organizations."

—PROSECUTOR GORDON KROMBERG, SAYING MONDAY THAT SABRI BENKAHLA OF FALLS CHURCH, VA., LIED IN GRAND JURY TESTIMONY IN A PRIOR TRIAL OF TERROR SUSPECTS.

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The National Institute of Mental Health

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National Institutes of Health, Department of Health & Human Services

# Sports



**LOOKING AHEAD:** Red Sox pitcher Curt Schilling said not only does he want to finish his current contract and pitch in 2007, but also that he wants to work out an extension to pitch in 2008. Schilling said if the Red Sox don't give him a contract, he will pitch for another team — but not the Yankees.

# Derby Champ Barbaro Euthanized

Eight months after the Preakness, his injuries are too severe to fight

**HORSE RACING** | Kentucky Derby winner Barbaro was euthanized Monday after complications from his gruesome breakdown at last year's Preakness, ending an eight-month ordeal that prompted an outpouring of support across the country.

A series of ailments — including laminitis in the left rear hoof, an abscess in the right rear hoof, as well as new laminitis in both front feet — proved too much for the gallant colt. The horse was put down at 10:30 a.m.

"Certainly, grief is the price we all pay for love," said co-owner

Gretchen Jackson at a news conference.

Barbaro battled in his ICU stall for eight months. The 4-year-old colt underwent several procedures and was fitted with fiberglass casts. He spent time in a sling to ease pressure on his legs, had pins inserted and was fitted at the end with an external brace. These were all extraordinary measures for a horse with such injuries.

"Clearly, this was a difficult decision to make," chief surgeon Dr. Dean Richardson. "It hinged on what we said all along, whether or not we thought his quality of life was acceptable. The probable outcome was just so poor."

Richardson, fighting back tears, added: "Barbaro had many, many



A. BEHRMAN/AP

Barbaro, left, runs away with the Kentucky Derby, beating the field by 6 1/2 lengths. The colt broke his right hind leg two weeks later and was euthanized on Monday.

## The Final Months | A Look at Barbaro's Long Struggle for Survival

**May 6** Barbaro wins the Kentucky Derby by the largest margin since 1946.

**May 20** He shatters his right hind leg early in the Preakness.

**May 21** He undergoes more than five hours of surgery to repair the leg.

**July 13** Doctors reveal he has laminitis and remove part of his leg.

**Aug. 9** Barbaro grazes outside for the first time since the surgery.

**Jan. 10** Doctors remove more damaged tissue from his left hind leg.

**Jan. 29** Barbaro is euthanized after a series of setbacks.

good days."

The Jacksons spent tens of thousands of dollars hoping the best horse they ever owned would recover and be able to live a comfortable life on the farm. The couple, who own about 70 racehorses, broodmares and year-

**"The injury robbed the sport of a horse who might have been one of the best of modern times, one who had the potential to accomplish feats without precedent."**

Andrew Beyer ponders the tough question of where Barbaro fits in history. | **Today, Sports**

**IN** **The Washington Post**

lings, and operate the 190-acre Lael Farm, have been in the horse business for 30 years, and never had a horse like Barbaro.

Not only did Barbaro win the Derby, he demolished what was supposed to be one of the toughest fields in years. The 6 1/2-length winning margin was the largest since 1946, when Assault won by eight lengths and went on to sweep the Triple Crown. **DAN GELSTON (AP)**

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## Sosa, Rangers Agree to Contract

**BASEBALL** | Sammy Sosa and the Texas Rangers wrapped up weeks of negotiations and agreed to a minor league contract that is to be announced Tuesday.

Sosa, a 38-year-old who is fifth on the career list with 588 home runs, hasn't played in the major leagues since 2005. He will have to go to spring training and earn his spot on the roster with the Rangers, the team he began his career with in 1989.

If Sosa is placed on the Rangers' 40-man roster, his contract likely will have a base salary of



Sammy Sosa, who hasn't played since 2005, has hit 588 career home runs.

about \$500,000. He would have the chance to earn additional performance bonuses. (AP)

## TODAY'S TV LINEUP

**WIZARDS (7 P.M. ON COMCAST)** Four days after picking up a big win against Detroit on the road, the Wizards host the Pistons looking for the sweep.

**CAPITALS (7:30 P.M. ON NEWS CHANNEL 8)** The Caps get a real test with a game in Ottawa against the Senators.

**TERPS HOOPS (8 P.M. ON CH. 20)** Maryland

travels to Florida State for a game that is looking like a must-win for two NCAA Tournament hopefuls.

**COLLEGE HOOPS (7 P.M. ON ESPN AND ESPN2 AND 9 P.M. ON ESPN)** Mississippi State plays at Mississippi, Wichita State is at Northern Iowa and Michigan State is at Illinois.

## Swengali

WHO'S NO. 1? | BY MATT SWENSON

### Federer-Tiger: A Great Debate

**ANYTHING ROGER FEDERER** can do, Tiger Woods can do better. And the same is true reversed.

Sunday's one-two punch reinforced that we are living in an era of two athletes who are the best ever at their sports.

Federer won his 10th Grand Slam and Woods won his seventh straight PGA Tour title. Greatness, thy name is thee.

Comparing them is silly, foolish and all too much fun.

Woods changed the whole culture of golf. By winning 12 major titles since 1997, including his Tiger Slam, Woods made it both chic and necessary to work out. Woods' long shots created "Tiger-proof" courses.

**Federer has that same creativity and is perhaps an even bigger winner.**

es until it became obvious that it's Tiger's creativity with shots and killer instinct that set him apart.

Federer has that same creativity and is perhaps an even bigger winner. He's won nine of 13 Grand Slams since 2004 and 36 straight matches. He is sporting a 99-5 record since 2006, including 13 titles. Oh, yeah, he didn't even lose a set in Australia. And while he hasn't won the French Open yet, he will — Federer grew up playing on clay and is bound to top Rafael Nadal sometime.

Ultimately, Federer is just a tiny bit more dominant. He has won three consecutive Grand Slams in a row twice, and should have the most major titles (14) by next year — when he's 26.

Even Woods says Federer is the best athlete. Who are we to argue?

**@** To reach Matt Swenson, e-mail matt.swenson@readexpress.com

# Bears' Smith Sports Calm Persona

Chicago leader enjoys success with different style than Da Coach

**SUPER BOWL** | Lovie Smith's first day as coach of the Chicago Bears brought a big smile to his face and a Texas-sized promise to those who hired him, even to those who didn't know him.

First, he vowed to beat the archrival Green Bay Packers. That was a real crowd pleaser. Then he turned his sights on something greater.

"I will do everything possible to bring back the pride, tradition and excellence of the glory days of past great Bear teams," Smith said on that January day just more than three years ago. "We want to win a world championship. Just like our '85 Bears, led by a great coach that I deeply admire, Mike Ditka."

Now Smith is one victory away from making good on his promise to reclaim the NFL title for the storied franchise. And he's doing it with a



GREGORY SHAMUS/GETTY IMAGES

Bears coach Lovie Smith, right, walks off the field with John Tait after Chicago beat the Seattle Seahawks 27-24 in overtime during their NFC divisional playoff game.

style that is very unDitka-like — he's hardly confrontational, very low-key, doesn't holler or yell.

"There is this stereotype of how

all coaches have to behave, what you are supposed to be and that isn't the case," Smith said. "I just think guys should be who they are. You can win

a lot of different ways and whatever your approach is, just believe in it, get the guys to buy into it and of course you can accomplish anything."

Smith's ability to stay calm, to keep his composure on the sideline, mirrors the personality of his good friend Colts coach Tony Dungy. It was Dungy who gave Smith his first NFL job in 1996, and it is Dungy whom he'll face in pro football's biggest game on Sunday.

Tackle John Tait noticed that Smith was more animated than usual when Robbie Gould made a 49-yard field goal in overtime to beat Seattle in the opening round of the playoffs. He lifted his arms in joy on the sidelines following what was, at that time, his most important win as a coach.

"He showed that emotion you don't see that very often," Tait said. "When you have a coach who is really even-keeled and doesn't get really upset, when he does say something, it gets your attention."

RICK GANO (AP)

### Ross Retires After Tough Stint As Army Coach

**COLLEGE FOOTBALL** | Bobby Ross retired Monday as Army's football coach, and without a victory over Navy in his three seasons with the Black Knights. The former NFL coach, 9-25 with Army, will be succeeded by offensive line coach Stan Brock.



Ross

"I think there's a point in time when you feel like it's your time to retire, and I think I've reached that time," the 70-year-old Ross said in a statement.

Before his arrival at West Point, Ross was 77-68 in the NFL with the Chargers and Detroit Lions and spent 15 years as a college coach, including stints with The Citadel, Maryland and Georgia Tech. His 1990 Georgia Tech team went 11-0-1, sharing the national title with Colorado. (AP)

# Studying the Antidepressant Effects of Sleep Deprivation

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## Sports



**TRACKED BY SHAQ:** Shaquille O'Neal put his police skills to use early Sunday. The Miami Heat's All-Star center, who is also a reserve officer with the Miami Beach Police Department, followed a driver who allegedly crashed into his Cadillac Escalade and tried to flee the scene, summoning a nearby officer on the way.

# Terps' Williams: 'Don't Lose Faith'

Up-and-down U-Md. in danger of missing the Tournament again

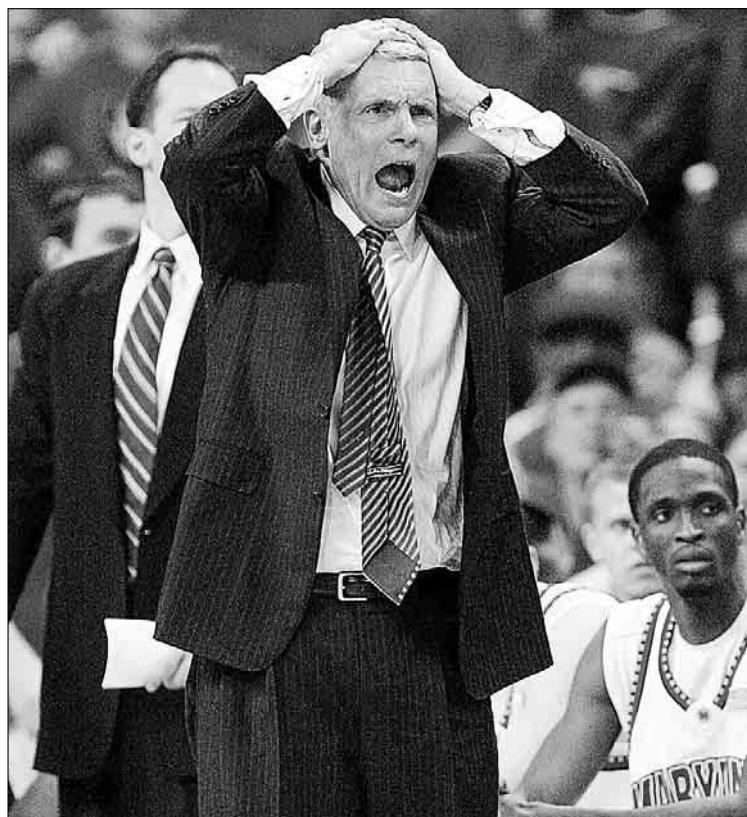
**TERPS HOOPS** | Gary Williams isn't going to change.

He knows what people have been saying — some in the media, maybe some fans. They're saying Maryland is in trouble.

The Terrapins have been passed up for the NCAA Tournament two consecutive years and are facing that possibility again unless they pick up their play in the Atlantic Coast Conference. But Williams has supreme confidence in his system. It did, he'll remind you, win a national title for the university just a few short years ago.

So why should anyone lose faith?

"Since we have the second best winning percentage in the ACC for the last 10 years, I hope they don't lose faith in the program," he said. "Since we're the only team to have a better record at home than



Gary Williams reacts to a missed shot during Maryland's win over Georgia Tech last week. The Terps can improve to 3-4 in the ACC Tuesday against Florida State. DON WRIGHT/AP

Duke does on the road in the ACC, I hope they don't lose faith in this program. We haven't had losing seasons yet."

The Terrapins (16-5, 2-4 in the ACC) won't have a losing season this year, either. But they are off to their worst start in conference play since 2003-2004 when they needed a spectacular three-day run to win the ACC tournament and secure an NCAA bid.

The frustration lies in their inconsistency. At Florida State (15-6, 3-4) on Tuesday, Maryland begins the quest to set that right. A victory would be Maryland's first conference road win and it would forge the team's first two-game winning streak in ACC play. Another road game against Wake Forest (9-11, 1-7) comes on Saturday.

"We're not in the worst situation, but our backs are still against the wall," senior D.J. Strawberry said. "We have to find a way to win on the road these next two road games and then we'll be in good position coming back home." DEREK TURNER

## Vols Move Into Top 3, Bumping Maryland to 4th

**WOMEN'S COLLEGE HOOPS** | Tennessee broke up the ACC trio at the top of the AP women's basketball poll and James Madison earned a Top 25 spot for the first time in 19 years.

Tennessee moved up one spot to third to replace defending national champion Maryland, which slipped to fourth after an 84-71 loss to North Carolina on Sunday. Duke and North Carolina remained 1-2.

Duke, North Carolina and Maryland had held the top three places in one combination or another for five straight weeks. Only twice before had a conference ever held the top three spots; the Southeastern Conference had done it twice, but only for one week each time and never this late in the season.

CHUCK SCHOFFNER (AP)

**Prep work:** B-CC hoops is tearing up Montgomery County. But is it as good as advertised? | **Today's Post, Sports**

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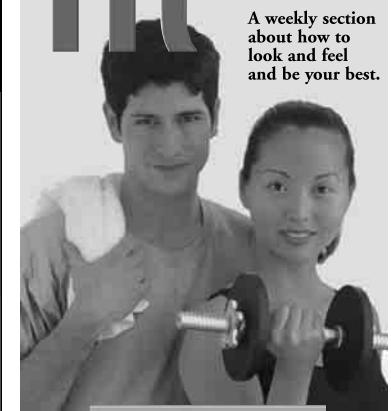
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## Special Report solves the “My home isn’t selling” problem

WASHINGTON METRO — A “Special Report” explodes what its author exposes as “The myth of slow home sales.” In fact, the Report explains, in clear and plain English, how a home owner who wants to sell can not only count on a sale within 120 days but can be guaranteed that the sale will occur.

Mr. Sanya states that the Report represents the compendium of his many years of real estate experience and can be of substantial value to homeowners, especially those whose homes have been on the market unsold for a considerable period of time. The author emphasizes that although he does not accept every listing, by following the Report’s procedures he accomplishes a sale in every instance in which he is the broker of record.

The Report proves its accuracy by quoting specific local instances in which the technique it describes has sold homes time after time, quickly, efficiently, and at a favorable price.

The author of the report, noted realtor Frank Sanya, has made numerous appearances on both television and radio.

The secret, says the Report, is a combination of traits and procedures that consistently result in a successful sale. For a free copy of the Report, go to a private but available Web site — [www.WantItSoldNow.com](http://www.WantItSoldNow.com).

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# Entertainment



**SENDING OUT AN SOS!** According to several sources, the Police have re-formed and are secretly rehearsing in Vancouver for a "surprise" appearance at the 2007 Grammy Awards as well as some possible summer festival appearances.

# Still Feels Like Home

**Norah Jones returns with the beautiful but muted 'Sinkin' Soon'**

**MUSIC** | There's no question that Norah Jones has the talent and the taste to reign indefinitely as the soothing seductress of adult pop. Five years after her breakthrough success, the question is whether she wants to take it to a more challenging creative level.

For all the popularity of her first two albums, "Come Away With Me" and "Feels Like Home," the singer and songwriter has been timid about breaching the realm of expressive popular art occupied by such immortals as Patsy Cline, Emmylou Harris and Nina Simone, to name three singers with some relevance to Jones' musical vision.

It's more a matter of choices than chops. The New York-based Texan's raw gifts — the pure, vibrato-free tone, the calibrated control of dynamics and shading — equip her for greatness, but her narrow range of color and tempo and her overriding restraint have muted her potential.

But even though caution reigned on her first two albums, Jones has been sneaking out to play. On the



**DON'T KNOW WHY:** With "Sinkin' Soon," Norah Jones delivers yet another album filled with soothing, down-tempo tunes with a strong and soulful alt-country vibe.

country side project the Little Willies and in a guest vocal with the experimental rock/hip-hop band Peeping Tom, she loosened up and showed a lively, rowdy side.

A bit of that spirit finds its way onto her third album, which comes out Tuesday. In "Sinkin' Soon," a Kurt Weill-style cabaret number, and the theatrical "My Dear Country," she's an entirely different singer, with an edgy tone and an animated personality. "Little Room" is less adventurous, but she does give it a bit of bawdiness. But whenever she finds herself somewhere like that, she quickly repairs to her sanctuary of austere alt-country and smoldering light soul.

With the death last year of producer Arif Mardin, who helped craft the understated settings on her first two albums, that role has been assumed by Lee Alexander, her regular bassist, frequent songwriting collaborator and boyfriend. Nobody's rocking the boat too much, though Jones does seem to be trying to dig a little deeper into the heart of the material. Maybe what she should do is sneak out again and escape the reassuring embrace of her tight little musical circle.

RICHARD CROMELIN  
(LOS ANGELES TIMES)

## Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE WASHINGTONPOST.COM/ENTERTAINMENT



### THE AQUARIUM Water Music

**1** The Aquarium makes psychedelic pop with a wide-screen, ocean-deep sound — despite being just a duo. Jason Hutto's overdriven electric piano and keyboards are fed through distortion and delay, creating a lush purple haze, as Laura Harris bashes her drums like a prize fighter. The Aquarium's self-titled Dischord debut is one of the best local releases in recent years.

→ *Black Cat*, 1811 14th St. NW; 9 p.m.; \$6; 202-667-7960. (U St.-Cardozo)

To read our conversation with the Aquarium, visit [readexpress.com](http://readexpress.com)

### BUCKWHEAT ZYDECO Raucous Sounds

**2** Growing up in Lafayette, La., Stanley Joseph Dural Jr. wasn't a big fan of the accordion-based Creole music his father used to tap his toes to. How the times have changed: Buckwheat Zydeco is now the biggest name in the genre — with good reason.

→ *The Barns at Wolf Trap*, 1635 Trap Rd., Vienna, Va.; 8 p.m. \$22, 703-255-1868.

### MICHAEL B. OREN U.S. and Them

**3** Michael B. Oren's book "Power, Faith and Fantasy" chronicles American involvement in the Middle East "from the first cannonballs fired by American warships at North African pirates to the conquest of Falluja by the Marines."

→ *Politics & Prose*, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919. (Van Ness-UDC)

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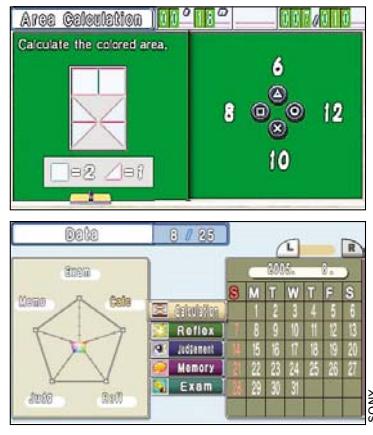
# Edutainment Is Fun!

**New 'brain games' are gaining popularity among the digerati**

**VIDEO GAMES** | It's rare that a video game comes along that's so original it doesn't fit into any pre-existing categories. Take Nintendo's "Brain Age: Train Your Brain in Minutes a Day." Is it an educational game? A puzzle game? Or (heaven help us) "edutainment"?

When "Brain Age" came out last year for the DS, many critics didn't know what to make of it. It's

essentially a fast-paced collection of arithmetic, logic and observation problems. But more than a million people bought it. A follow-up, "Big Brain Academy," also did well — but Nintendo has stayed away from the genre it created. Naturally, other publishers are filling the void. PSP owners who missed out on "Brain Age" can get a close facsimile with "Mind Quiz," which is also "supervised" by a prominent Japanese brain scientist; likewise, each session is a rapid-fire bombardment of visual and mathematical brainteasers. You may be asked



**NOGGIN EXERCISES:** "Mind Quiz" makes video gaming educational.

to solve a multiplication problem, memorize shapes or count pictures — nothing an average third-grader couldn't do, but you're graded on speed and accuracy. With 49 different exercises, your gray matter will stay humming for a while.

The manuals for "Brain Boost: Beta Wave" and "Brain Boost: Gamma Wave" credit yet another Japanese brain expert, but these DS games look like something he could have sketched out in an afternoon. Each cartridge consists of just five exercises — five. "Beta Wave" is meant to improve your concentration, and "Gamma Wave" focuses on memory skills. In either case, you'll run out of things to do in less than half an hour.



LOU KESTEN (AP)

## Entertainment



DICTATED: The SAG Awards rewarded Forest Whitaker for his Idi Amin portrayal.

# ‘Sunshine’ Is Bright

**The SAG Awards give some clues about who might lead the Oscars**

**REWARDED** | Another week, another awards show, and the Oscar situation looks as up in the air as ever.

“Little Miss Sunshine” took the Screen Actors Guild’s ensemble prize Sunday night, the group’s equivalent of a best picture award. Top acting honors, however, went to obvious front-runners Forest Whitaker, Helen Mirren, Eddie Murphy and Jennifer Hudson.

“Sunshine,” the low-budget, road-trip charmer, bested bigger studio competition in “The Departed,” “The Queen,” “Babel” and “Dreamgirls.”

The SAG win for “Little Miss Sunshine,” coupled with its unexpected victory at the Producers Guild Awards, would seem to improve the film’s prospects at the Oscars, where it’s in the best-picture category with “Babel,” “The Departed,” “Letters From Iwo Jima” and “The Queen.”

Three out of the past four years, the SAG ensemble winner has won at the Academy Awards — “Crash,”

“The Lord of the Rings: The Return of the King” and “Chicago.”

Whitaker won best actor for his thunderous turn as Ugandan dictator Idi Amin in “The Last King of Scotland,” with Mirren taking the best actress statue for her searing portrayal of Queen Elizabeth II in “The Queen.”

Mirren also won for best actress in a TV movie or miniseries for her portrayal of another queen in “Elizabeth I.”

Murphy won the supporting-actor award for his work as a tormented, drug-addicted soul singer in “Dreamgirls.”

His co-star, Hudson, received the supporting-actress award as the splashy musical’s rejected diva, who steals scenes with her show-stopping numbers.

On the television side, “Grey’s Anatomy” won best dramatic series on the heels of its Golden Globe victory.

America Ferrera, two weeks after her surprise Golden Globe win, took the prize for best actress in a comedy series for her starring role as a sweetly awkward fashion magazine worker in “Ugly Betty.”

CHRISTY LEMIRE (AP)

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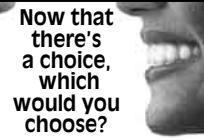
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## REGAL ENTERTAINMENT GROUP

### GALLERY PLACE STADIUM 14 701 Seventeenth St. NW 800-FANDANGO 1721#

**Adv. Tix on Sale** CONSTELLATION (PG-13) ★  
BLOOD AND CHOCOLATE (PG-13) DIG (1205 230) 500 730 1000  
SMOKIN ACES (R) - ID REQ'D DIG (1200 235) 515 750 1025  
EPIC MOVIE (PG-13) DIG (1230 250) 510 735 1010  
CATCHAND RELEASE (PG-13) DIG (100) 420 720 1020  
DEPARTED (R) - ID REQ'D DIG (1210) 700 1015  
THE HITCHER (R) - ID REQ'D DIG (1220) 220 450 740 950  
BABEL (R) - ID REQ'D DIG (1220) 340 655 1010  
LETTERS FROM IWO JIMA (R) - ID REQ'D DIG (1215) 335 650 1005  
STOMP THE YARD (PG-13) DIG (430) 1000  
FREEDOM WRITERS (PG-13) DIG (1250) 415 700 955  
CHILDREN OF MEN (R) - ID REQ'D DIG (1205) 240 520 800 1035  
DREAMGIRLS (PG-13) DIG (1245) 410 725 1020  
THE GOOD SHEPHERD (R) - ID REQ'D DIG (330) 1000  
NIGHT AT THE MUSEUM (PG) DIG (1225 255) 525 755 1025  
PURSUIT OF HAPPINESS (PG-13) DIG (140) 450 745 1030  
OC: STOMP THE YARD (PG-13) DIG (130) 715

### BALLSTON COMMON STADIUM 12 800-FANDANGO 377#

**Adv. Tix on Sale** AMAZING GRACE (PG) ★  
BLOOD AND CHOCOLATE (PG-13) DIG (130 440) 730 1020  
SMOKIN ACES (R) - ID REQ'D DIG (150 430) 720 1000  
CATCHAND RELEASE (PG-13) DIG (220 505) 750 1030  
THE HITCHER (R) - ID REQ'D DIG (1015) 1000  
DEPARTED (R) - ID REQ'D DIG (1245 400) 720 1035  
STOMP THE YARD (PG-13) DIG (110 355) 645 930  
PAN'S LABYRINTH (R) - ID REQ'D DIG (120 405) 650 935  
DREAMGIRLS (PG-13) DIG (325) 630 945  
THE GOOD SHEPHERD (R) - ID REQ'D DIG (1250) 640 935  
CASINO ROYALE (PG-13) DIG (345) 700  
HAPPY FEET (PG) DIG (100) 1000  
VOLVER (R) - ID REQ'D DIG (200 450) 740 1025  
THE LAST KING OF SCOTLAND (R) - ID REQ'D DIG (125) 715 1010  
DEPARTED (R) - ID REQ'D DIG (340) 705  
OC: THE GOOD SHEPHERD (R) - ID REQ'D DIG (230) 635

### BOWIE STADIUM 14 15200 Major Lansdale Blvd 800-FANDANGO 454#

**Adv. Tix on Sale** CONSTELLATION (PG-13) ★  
BLOOD AND CHOCOLATE (PG-13) DIG (145 430) 720 1005  
SMOKIN ACES (R) - ID REQ'D DIG (105 415) 815 1050  
EPIC MOVIE (PG-13) DIG (1245 300) 530 700 1015  
CATCHAND RELEASE (PG-13) DIG (150 440) 730 1020  
DEPARTED (R) - ID REQ'D DIG (1230 345) 700 1015  
THE QUEEN (PG-13) DIG (200 430) 715 1045  
THE HITCHER (R) - ID REQ'D DIG (100 350) 730 1055  
STOMP THE YARD (PG-13) DIG (130 215) 440 520 745 815  
FREEDOM WRITERS (PG-13) DIG (115 420) 705 1000  
CHILDREN OF MEN (R) - ID REQ'D DIG (710 945)  
DREAMGIRLS (PG-13) DIG (100 445) 745 1040  
NIGHT AT THE MUSEUM (PG) DIG (1240 400) 700 1000  
PURSUIT OF HAPPINESS (PG-13) DIG (1245 400) 730 1045  
HAPPY FEET (PG) DIG (1230 405) 700 1005

### BETHESDA 10 7272 Wisconsin Avenue 800-FANDANGO 569#

**Adv. Tix on Sale** AMAZING GRACE (PG) ★  
BLOOD AND CHOCOLATE (PG-13) DIG (140 445) 730 1030  
SMOKIN ACES (R) - ID REQ'D DIG (1230 300) 500 795 945  
CATCHAND RELEASE (PG-13) DIG (110 345) 745 1030  
DEPARTED (R) - ID REQ'D DIG (110 430) 800 1015  
THE HITCHER (R) - ID REQ'D DIG (1015) 1000  
MISS POTTER (PG) DIG (140 445) 745 1000  
DREAMGIRLS (PG-13) DIG (1250 400) 700 800  
NIGHT AT THE MUSEUM (PG) DIG (1250 400) 700 945  
PURSUIT OF HAPPINESS (PG-13) DIG (125 415) 715 1015  
CASINO ROYALE (PG-13) DIG (1230 450) 745 1015

### ROCKVILLE CENTER STADIUM 13 Rockville Town Center 800-FANDANGO 248#

**Adv. Tix on Sale** AMAZING GRACE (PG) ★

SMOKIN ACES (R) - ID REQ'D DIG (215 455) 730 1010

EPIC MOVIE (PG-13) DIG (1240 245 500) 715 935

CATCHAND RELEASE (PG-13) DIG (200 445) 745 1025

DEPARTED (R) - ID REQ'D DIG (1230 345) 700 1015

THE QUEEN (PG-13) DIG (330) 645 955

PAN'S LABYRINTH (R) - ID REQ'D DIG (235 515) 815 1050

DREAMGIRLS (PG-13) DIG (130 430) 730 1030

THE QUEEN (PG-13) DIG (1240 305 530) 800 1003

NOTES ON A SCANDAL (R) - ID REQ'D DIG (1230 250 510) 800

CHILDREN OF MEN (R) - ID REQ'D DIG (1035) 1000

STOMP THE YARD (PG-13) DIG (240 525) 815

NIGHT AT THE MUSEUM (PG) DIG (230 505) 745 1015

PURSUIT OF HAPPINESS (PG-13) DIG (115 415) 715 1000

FREEDOM WRITERS (PG-13) DIG (100 400) 700 945

THE HITCHER (R) - ID REQ'D DIG (1020) 1000

**Adv. Tix on Sale** AMAZING GRACE (PG) ★

SMOKIN ACES (R) - ID REQ'D DIG (100 340) 720 1000

EPIC MOVIE (PG-13) DIG (120 210 420) 740 1005

CATCHAND RELEASE (PG-13) DIG (120 355) 735 1015

DEPARTED (R) - ID REQ'D DIG (305) 630 945

THE QUEEN (PG-13) DIG (110 400) 725 1010

BABEL (R) - ID REQ'D DIG (250) 635 950

STOMP THE YARD (PG-13) DIG (120 240 445) 755 1010

ARTHUR AND THE INVISIBLES (PG) DIG (125 350) 705 940

PAN'S LABYRINTH (R) - ID REQ'D DIG (125 325) 640 925

NOTES ON A SCANDAL (R) - ID REQ'D DIG (105 405) 700 935

DREAMGIRLS (PG-13) DIG (1220 235 450) 745 1020

CHILDREN OF MEN (R) - ID REQ'D DIG (1210 315) 650 950

NIGHT AT THE MUSEUM (PG) DIG (125 445) 655 930

PURSUIT OF HAPPINESS (PG-13) DIG (125 315) 645 930

FREEDOM WRITERS (PG-13) DIG (124 315) 645 940

THE HITCHER (R) - ID REQ'D DIG (124 315) 645 940

**Adv. Tix on Sale** AMAZING GRACE (PG) ★

SMOKIN ACES (R) - ID REQ'D DIG (100 340) 720 1000

EPIC MOVIE (PG-13) DIG (120 210 420) 740 1005

CATCHAND RELEASE (PG-13) DIG (120 355) 735 1015

DEPARTED (R) - ID REQ'D DIG (305) 630 945

THE QUEEN (PG-13) DIG (110 400) 725 1010

BABEL (R) - ID REQ'D DIG (250) 635 950

STOMP THE YARD (PG-13) DIG (120 240 445) 755 1010

ARTHUR AND THE INVISIBLES (PG) DIG (125 350) 705 940

PAN'S LABYRINTH (R) - ID REQ'D DIG (125 325) 640 925

NOTES ON A SCANDAL (R) - ID REQ'D DIG (1220 235 450) 745 1020

DREAMGIRLS (PG-13) DIG (1210 315) 650 950

CHILDREN OF MEN (R) - ID REQ'D DIG (125 445) 655 930

NIGHT AT THE MUSEUM (PG) DIG (125 315) 645 930

PURSUIT OF HAPPINESS (PG-13) DIG (125 310) 650 955

FREEDOM WRITERS (PG-13) DIG (124 310) 645 940

THE HITCHER (R) - ID REQ'D DIG (124 310) 645 940

**Adv. Tix on Sale** AMAZING GRACE (PG) ★

SMOKIN ACES (R) - ID REQ'D DIG (100 340) 720 1000

EPIC MOVIE (PG-13) DIG (120 210 420) 740 1005

CATCHAND RELEASE (PG-13) DIG (120 355) 735 1015

DEPARTED (R) - ID REQ'D DIG (305) 630 945

THE QUEEN (PG-13) DIG (110 400) 725 1010

BABEL (R) - ID REQ'D DIG (250) 635 950

STOMP THE YARD (PG-13) DIG (120 240 445) 755 1010

ARTHUR AND THE INVISIBLES (PG) DIG (125 350) 705 940

PAN'S LABYRINTH (R) - ID REQ'D DIG (125 325) 640 925

NOTES ON A SCANDAL (R) - ID REQ'D DIG (1220 235 450) 745 1



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### AMC HOFFMANN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria  
703-998-4AMC

BLOOD AND CHOCOLATE (PG13) ✓ 2:45, 5:30, 8:15, 10:40  
CATCH AND RELEASE (PG13) ✓ 1:25, 4:10, 6:50, 9:30  
THE DEPARTED (R) 2:25, 6:05, 9:50  
EPIC MOVIE (PG13) ✓ 2:30, 4:55, 7:15, 9:40  
SMOKIN' ACES (R) ✓ 2:30, 4:55, 7:30, 10:15  
THE HITCHER (R) 1:10, 3:35, 5:55, 8:05, 10:20  
SCREAMERS (R) 1:35, 4:35, 6:40, 9:00  
ALPHA DOG (R) 5:20  
FREEDOM WRITERS (PG13) 1:05, 4:05, 7:05, 9:55  
STOMP THE YARD (PG13) 1:00, 2:05, 4:00, 5:00, 7:00, 8:00, 10:00, 10:45  
THE GOOD SHEPHERD (R) 1:40, 7:55  
NIGHT AT THE MUSEUM (PG) 2:35, 5:15, 7:50, 10:25  
NIGHT AT THE MUSEUM (PG) 2:35, 5:15, 7:50, 10:25  
THE PURSUIT OF HAPPYNESS (PG13) 1:15, 4:35, 7:35, 10:35  
BLOOD DIAMOND (R) 3:05, 6:25, 9:45

#### AMC SELECT

NOTES ON A SCANDAL (R) 1:55, 4:15, 6:55, 9:15

VOLVER (R) 3:55, 7:10, 10:10

BABEL (R) 2:55, 6:20, 10:00

THE LAST KING OF SCOTLAND (R) 3:40, 6:45, 9:35

PAN'S LABYRINTH (R) 1:30, 4:25, 7:10, 10:05

CHILDREN OF MEN (R) 2:55, 5:45, 8:20, 10:50

DREAMGIRLS (PG13) 1:20, 4:30, 7:45, 10:55

THE QUEEN (PG13) 1:25, 3:30, 6:35, 9:05

### AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road  
703-971-3991

BLOOD AND CHOCOLATE (PG13) 5:00, 7:30

THE DEPARTED (R) 4:30, 7:45

EPIC MOVIE (PG13) 1:40, 4:30, 6:40, 8:45

SMOKIN' ACES (R) 5:10, 8:30

THE HITCHER (R) 2:20, 5:45

ARTHUR AND THE INVISIBLES (PG) 4:40, 8:00

STOMP THE YARD (PG13) 2:20, 5:45, 8:30

NIGHT AT THE MUSEUM (PG) 2:00, 5:00, 8:15

THE PURSUIT OF HAPPYNESS (PG13) 4:50, 8:15

#### AMC SELECT

DREAMGIRLS (PG13) 1:30, 4:40, 8:00

### AMC MAZZA GALLERIE

Jenifer and Wisconsin  
202-537-9553

CATCH AND RELEASE (PG13) ✓ 3:05, 5:40, 8:15

EPIC MOVIE (PG13) ✓ 2:10, 4:15, 6:20, 8:25

STOMP THE YARD (PG13) 2:20, 5:00, 7:30

THE GOOD SHEPHERD (R) 1:00, 4:25, 8:00

NIGHT AT THE MUSEUM (PG) 3:00, 5:30, 8:05

THE PURSUIT OF HAPPYNESS (PG13) 2:00, 4:40, 7:20

#### AMC SELECT

CHILDREN OF MEN (R) 2:55, 5:20, 7:50

CHILDREN OF MEN (R) 2:25, 5:20, 7:50

### LOEWS GEORGETOWN 14

3111 K Street, N.W.  
202-342-6441

BLOOD AND CHOCOLATE (PG13) ✓ 2:10, 4:35, 7:10, 9:45

CATCH AND RELEASE (PG13) ✓ 2:05, 4:45, 7:25, 10:10

EPIC MOVIE (PG13) ✓ 1:15, 3:30, 5:50, 8:10, 10:25

SMOKIN' ACES (R) ✓ 2:35, 5:15, 8:00, 10:30

THE HITCHER (R) 1:50, 6:50

STOMP THE YARD (PG13) 2:00, 4:55, 10:20

THE GOOD SHEPHERD (R) 3:05, 6:45, 10:25

THE GOOD SHEPHERD (R) 2:05, 6:45, 10:25

THE PURSUIT OF HAPPYNESS (PG13) 2:20, 5:05, 7:50, 10:30

#### AMC SELECT

BLOOD DIAMOND (R) 1:10, 4:20, 7:35, 10:30

NOTES ON A SCANDAL (R) 1:00, 3:00, 5:20, 7:45, 10:15

LETTERS FROM IWO JIMA (R) 1:05, 3:35, 7:05, 10:15

PAN'S LABYRINTH (R) 1:45, 4:00, 4:40, 7:30, 9:15, 10:20

CHILDREN OF MEN (R) 2:15, 4:50, 7:15, 9:50

DREAMGIRLS (PG13) 1:00, 3:50, 5:00, 10:05

### LOEWS LEXINGTON PARK 6

21882 FDR Boulevard  
301-862-5000

EPIC MOVIE (PG13) 5:00, 7:00

SMOKIN' ACES (R) 4:50, 7:20

THE HITCHER (R) 5:20, 7:50

STOMP THE YARD (PG13) 4:40, 7:30

NIGHT AT THE MUSEUM (PG) 5:10, 7:40

#### AMC SELECT

DREAMGIRLS (PG13) 4:30, 7:10

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Times for Tuesday, January 30, 2007

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### AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886  
703-998-4262

BLOOD AND CHOCOLATE (PG13) ✓ 1:00, 3:20, 5:40, 8:00, 10:15  
CATCH AND RELEASE (PG13) ✓ 2:00, 4:50, 7:35, 10:10  
THE DEPARTED (R) 1:40, 5:00, 8:15  
EPIC MOVIE (PG13) ✓ 2:20, 4:45, 7:00, 9:15  
SMOKIN' ACES (R) ✓ 1:35, 4:10, 7:05, 9:35  
THE HITCHER (R) 2:45, 5:10, 7:25, 9:30  
ALPHA DOG (R) 5:05, 10:05  
ARTHUR AND THE INVISIBLES (PG) 1:55, 4:15  
FREEDOM WRITERS (PG13) 1:15, 4:20, 7:10, 9:55  
STOMP THE YARD (PG13) 1:00, 4:40, 6:35, 7:20, 9:20, 10:00  
THE GOOD SHEPHERD (R) 3:30  
NIGHT AT THE MUSEUM (PG) 1:20, 4:30, 6:50, 9:40  
THE PURSUIT OF HAPPYNESS (PG13) 1:45, 4:35, 7:15, 9:55  
BLOOD DIAMOND (R) 3:05, 6:25, 9:45

#### AMC SELECT

NOTES ON A SCANDAL (R) 1:25, 3:15, 5:35, 7:50, 10:05  
VOLVER (R) 1:25, 4:25, 7:15, 9:55

BABEL (R) 7:00, 10:00

PAN'S LABYRINTH (R) 2:15, 4:55, 7:35, 10:10

CHILDREN OF MEN (R) 2:30, 4:30, 7:25, 9:15

DREAMGIRLS (PG13) 2:10, 4:45, 7:20, 9:45

### AMC COLUMBIA MALL 14

10300 Patuxent Parkway  
410-423-0520

BLOOD AND CHOCOLATE (PG13) 2:15, 4:45, 7:15, 9:40  
CATCH AND RELEASE (PG13) 2:20, 4:55, 7:30, 10:05  
EPIC MOVIE (PG13) 1:15, 3:30, 5:40, 7:50, 10:00  
SMOKIN' ACES (R) 2:05, 4:35, 7:05, 9:35  
THE HITCHER (R) 1:10, 3:15, 5:20, 7:25, 9:30  
ALPHA DOG (R) 6:30  
ARTHUR AND THE INVISIBLES (PG) 2:10, 4:25  
FREEDOM WRITERS (PG13) 1:30, 4:15, 7:00, 9:45  
STOMP THE YARD (PG13) 1:00, 3:40, 6:20, 9:00  
THE GOOD SHEPHERD (R) 3:00, 9:10  
NIGHT AT THE MUSEUM (PG) 1:40, 4:20, 6:50, 9:20  
THE PURSUIT OF HAPPYNESS (PG13) 1:50, 4:30, 7:10, 9:55

#### AMC SELECT

LETTERS FROM IWO JIMA (R) 3:05, 6:05, 9:05

PAN'S LABYRINTH (R) 1:20, 4:05, 6:45, 9:25

CHILDREN OF MEN (R) 6:35, 8:55

DREAMGIRLS (PG13) 1:05, 4:00, 6:55, 9:50

### LOEWS FAIRFAX SQUARE 8

8065 Leesburg Pike  
703-506-9857 802

THE DEPARTED (R) 4:00, 7:10  
ALPHA DOG (R) 5:00, 7:40  
ARTHUR AND THE INVISIBLES (PG) 4:00, 5:50, 8:00  
BORAT (R) 4:00, 6:00, 8:10  
PELLAINA KOTHALO (NR-NOT RATED) 3:50, 7:00

#### AMC SELECT

VOLVER (R) 4:50, 7:30

BABEL (R) 4:05, 7:20

THE QUEEN (PG13) 5:20, 7:50

### MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo  
301-324-4220

BLOOD AND CHOCOLATE (PG13) ✓ 2:15, 4:45, 7:15, 9:05  
THE DEPARTED (R) 12:00, 3:15, 6:30, 9:45  
EPIC MOVIE (PG13) 12:55, 3:00, 5:10, 7:40, 10:15  
SMOKIN' ACES (R) 2:20, 4:50, 7:20, 9:50  
THE HITCHER (R) 12:40, 3:05, 5:30, 8:00, 10:05  
FREEDOM WRITERS (PG13) 12:50, 3:30, 6:50, 9:40  
STOMP THE YARD (PG13) 12:35, 3:25, 3:35, 5:15, 6:35, 7:35, 9:35, 10:15  
NIGHT AT THE MUSEUM (PG) 12:00, 2:30, 5:00, 7:30, 10:10  
THE PURSUIT OF HAPPYNESS (PG13) 1:10, 4:10, 7:10, 10:10

#### AMC SELECT

THE LAST KING OF SCOTLAND (R) 1:05, 3:55, 6:55, 9:55

DREAMGIRLS (PG13) 1:00, 4:00, 7:00, 10:00

### LOEWS DUPONT 5

1350 19th St.  
1-800-FANDANGO #711

THE GOOD SHEPHERD (R) 3:30, 7:00  
AMC SELECT

BABEL (R) 4:00, 7:15

CHILDREN OF MEN (R) 5:00, 8:00

THE HISTORY BOYS (R) 4:45, 7:45

LITTLE CHILDREN (R) 4:20, 7:30

### LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.  
1-800-FANDANGO #713

DREAMGIRLS (PG13) 2:00, 5:00, 8:00

#### AMC SELECT

BABEL (R) 2:45, 7:00

### AMC TYSONS CORNER 16

7850 Tysons Corner Center  
703-998-4262

BLOOD AND CHOCOLATE (PG13) ✓ 1:24, 3:05, 5:25, 7:55, 10:15  
CATCH AND RELEASE (PG13) ✓ 1:30, 4:40, 7:25, 10:20  
EPIC MOVIE (PG13) ✓ 1:15, 3:30, 5:45, 8:00, 10:15  
SMOKIN' ACES (R) ✓ 1:45, 4:35, 7:10, 10:05  
THE HITCHER (R) 1:25, 3:45, 5:05, 7:45, 9:50  
FREEDOM WRITERS (PG13) 1:10, 4:05, 7:05, 9:00  
STOMP THE YARD (PG13) 1:30, 4:15, 7:30, 10:10  
THE GOOD SHEPHERD (R) 1:05, 5:05, 8:40  
NIGHT AT THE MUSEUM (PG) 1:25, 3:20, 5:50, 8:20, 10:45  
THE PURSUIT OF HAPPYNESS (PG13) 1:40, 4:20, 7:15, 9:55  
BLOOD DIAMOND (R) 1:25, 4:30, 7:35, 10:40  
CASINO ROYALE (PG13) 1:00, 4:10, 7:20, 10:30

#### AMC SELECT

LETTERS FROM IWO JIMA (R) 1:20, 4:25, 7:35, 10:40

PAN'S LABYRINTH (R) 1:40, 4:55, 7:50, 10:25

CHILDREN OF MEN (R) 1:35, 4:00, 7:00, 9:30

DREAMGIRLS (PG13) 1:45, 4:45, 7:40, 10:35

### AMC RIVERVIEW MALL 12

Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.  
703-998-4AMC

BLOOD AND CHOCOLATE (PG13) ✓ 4:20, 7:20  
THE DEPARTED (R) 4:25, 7:25  
EPIC MOVIE (PG13) ✓ 5:20, 8:00  
SMOKIN' ACES (R) ✓ 4:40, 7:30  
THE HITCHER (R) 5:45, 8:05  
ARTHUR AND THE INVISIBLES (PG) 5:00, 7:35  
FREEDOM WRITERS (PG13) 4:35, 7:40  
STOMP THE YARD (PG13) 4:30, 7:50  
CODE NAME: THE CLEANER (PG13) 8:10  
HAPPILY NEVER AFTER (PG) 5:40  
NIGHT AT THE MUSEUM (PG) 5:10, 8:00  
THE PURSUIT OF HAPPYNESS (PG13) 4:45, 7:45

#### AMC SELECT

NOTES ON A SCANDAL (R) 5:10, 7:20, 9:25

BABEL (R) 6:40

CHILDREN OF MEN (R) 4:40, 7:00, 9:20

### LOEWS SHIRLINGTON 7

Look in the  
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on February 9 to learn  
how you can vote for  
the winning  
couple!

express

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**Selecting the winner:**

Express features editors will select five finalists whose profiles will appear in the Friday, February 9, issue of the Express Weekend Styles section. Entrants with the most compelling and creative submissions will be selected as finalists.

Express readers will vote on their favorite couple from February 9 through February 16, and the winners will be announced in Weekend Styles on February 23. One couple will win a wedding package worth over \$35,000! Four

runner-up finalists will win dinner cruises on the *Odyssey*.

**Prize package includes over \$35,000 in wedding-related services and merchandise:**

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- Jamaican honeymoon package from Beach Destinations
- Photography by Steve Canning Photography
- Jewelry from Helzberg Diamonds
- Memberships & personal training from Sport & Health
- Full day spa services from Serenity Day Spa

- Dance lessons from Arthur Murray
- Dining cruise on the *Odyssey*
- Cosmetic dentistry from DC Dental Spa
- Bachelor and bachelorette parties from Boomerang
- Champagne/beverages from Calvert Woodley
- Exquisite dining at La Ferme
- Limousine service from Reston Limousine

- Ticket vouchers to Arena Stage
- Tuxedo rental from Masters Tuxedo
- Cake from Heidelberg Pastry Shoppe
- Invitations from the Dandelion Patch
- Home accessories from Candleman

*Steve Canning*  
PHOTOGRAPHY

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No purchase necessary. Entrants must be engaged, 21+ years old, and a resident of the District of Columbia, Maryland, or Virginia. Employees of Express, The Washington Post, and contest sponsors are not eligible. Entries must be received by midnight February 2, 2007.



**WHEN IT'S OVER:** Those of you holding your breath for a full-on Sugar Ray reunion—that means you, the one way in the back—might as well exhale. Lead singer Mark McGrath, also co-host of the celebrity TV show "Extra," has signed on with the program through 2009-10.

## ON TV TONIGHT

### 'HOUSE' RETURNS — ON FIRE

The troubled medical wizard **HOUSE** (9 p.m., Fox) returns from a short stint in rehab to treat a rape victim who asks him to unravel a different kind of medical mystery.

### MUSIC TELEVISION IN NAME ONLY

MTV offers a loud new Tuesday-night lineup. **ROAD RULES** (9 p.m., MTV) returns featuring six veterans of the series. Viewers are invited to log onto [roadrules.mtv.com](http://roadrules.mtv.com) and vote to determine which two players enter an elimination round — which can be seen only on MTV.com. **BAM'S UNHOLY UNION** (9:30 p.m.) documents the lives of skateboard pros as well as "Jackass" star Bam Margera and his fiancee, Missy, as they plan their wedding. The documentary—



**'HOUSE' RULES:** The maverick doc returns from rehab to help a rape victim.

series **TWO-A-DAYS** (10 p.m.) follows the true-life drama of a small-town Alabama football team. And a repeat of **WRESTLING SOCIETY X** (10:30 p.m.) profiles some of the best and most unique practitioners of the spectacle. **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)

1:30:07		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS		WRC (4) News (cc)		NBC Nightly News	Access Hollywood	Dateline NBC "To Catch a Predator"		Law & Order: Criminal Intent (cc)		Law & Order: Special Victims Unit (1)		News (cc)	Tonight Show
		WTTG (5) Seinfeld (1) (cc)	The Simpsons (1)	Seinfeld (cc)	American Idol (N) (1) (cc)	House "One Day, One Room" (N)						News	Every-Raymond
		WJLA (7) News (cc)	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	America's Funniest Home Videos	Big Day (1) (cc)	Knights-Pros	Boston Legal "Dumping Bella" (N) (1)	News (cc)	(:35) Nightline		
		WUSA (9) News (cc)	Evening News	News	Entertainment	NCIS "Faking It" (1) (cc)	The Unit "Manhunt" (1) (cc)		48 Hours Mystery (1) (cc)	News (cc)	Late Show		
		WDCA (20) Scrubs (cc)	Scrubs (1) (cc)	Judge Joe Brown	Judge Judy (N) (1)	College Basketball Maryland at Florida State. (Live)			Wicked Wicked Games (N) (1) (cc)		Watch Over Me "Bombshell" (N) (1)		
		WMPT (22) The NewsHour With Jim Lehrer (N)	Business Rpt.	Outdoors Md.	Nova "Crash of Flight III" (1)	Frontline/World "The Cell Next Door"			Windsor Castle: A Royal Year (cc)		Nova "Supersonic Dream" (1)		
		WETA (26) BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)	Nova "Crash of Flight III" (1)	The Pacific War: They Filmed the War in Color (1)			Frontline/World "The Cell Next Door"		Charlie Rose (N)		
		WHUT (32) World Business	Tavis Smiley (1)	BBC World News	Moneywise	Mystery! "Inspector Lewis" (1) (cc) (DVS)			BBC World News	Tavis Smiley (1)	Charlie Rose (N) (1) (cc)		
		WDCW (50) My Wife and Kids	My Wife and Kids	Friends (1) (cc)	Friends (1) (cc)	Gilmore Girls (N) (1) (cc)		Veronica Mars (N) (1) (cc)	Will & Grace (1)	Will & Grace (1)	Sex and the City	Sex and the City	
A&E		Crossing Jordan "Code of Ethics" (1)	CSI: Miami "Dead Air" (1) (cc)		CSI: Miami "Simple Man" (1) (cc)	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	King of Cars (N)	King of Cars (N)	
Animal		The Crocodile Hunter (cc)	The Most Extreme (cc)		The Most Extreme "Biters" (cc)	Anatomy of a Shark Bite			Animal Cops Houston (cc)		The Most Extreme "Biters" (cc)		
BET		106 & Park: BET's Top 10 Live (cc)	One Night Only		Celebration of Gospel '07 (cc)				Comicview (cc)		Jamie Foxx	Jamie Foxx	
Bravo		Top Chef "Sense and Sensibility"	Top Chef (cc)		Real Housewives		Real Housewives		Real Housewives		Real Housewives		
Comedy		"Planes, Trains and Automobiles"	Scrubs (1) (cc)	Scrubs (cc)	Daily Show	Colbert Report	Chappelle's Show	South Park (cc)	Lisa Lampanelli Comic performs.	Daily Show	Colbert Report		
Court		Forensic Files	Forensic Files	Cops (1) (cc)	Cops (1) (cc)	Cops (1) (cc)	Cops (1) (cc)	Cops (1) (cc)	Most Shocking "Undercover Stings"	LA Forensics	North Mission		
Discovery		It Takes a Thief (cc)	How It's Made	How It's Made	Really Big Things "Giant Tree Spade"	Dirty Jobs "Well Digger" (N) (cc)			Dirty Jobs Taylor Shellfish Farms.	Dirty Jobs "Worm Dung Farmer"			
DISCH		Code Blue "Fresh Faces" (cc)	Impact: Stories of Survival (cc)		Genius Sperm Bank (cc)	Super Quads (cc)			Vanished Twins Birth anomalies.	Genius Sperm Bank (cc)			
Disney		Phil of the Future	That's So Raven	Phil of the Future	Zack & Cody	** "Snow Dogs" (2002) Cuba Gooding Jr., James Coburn, Sisqo. (1) (cc)		Life With Derek	Phil of the Future	Zack & Cody	That's So Raven		
E!		Starveillance	High 90210	E! News	The Daily 10	Dr. 90210 The Diamonds baby-sit.	Girl Next Door	Girl Next Door	Broken Dreams	The Soup	E! News	The Daily 10	
FX		That '70s Show	** "The Green Mile" (1999, Drama) Tom Hanks, David Morse. A condemned prisoner possesses a miraculous healing power.						Dirt "You Don't Know Jack" (N) (1) (cc)	(:04) Dirt "You Don't Know Jack"			
HGTV		Look What I Did!	What's-House?	If Walls Could	House Hunters	Designed to Sell	Buy Me (1)	Decorating Cents	24 Hour Design	House Hunters	Buy Me (1)	House Worth?	Hidden Potential
Family		Everwood "Enjoy the Ride" (1) (cc)		Smallville "Mercy" (1) (cc)		★ "Home Alone 3" (1997, Comedy) Alex D. Linz, Olek Krupa, Rya Kihilstedt.				Lincoln Heights "Obsession" (cc)		The 700 Club (cc)	
History		Modern Marvels: Coal Mines (cc)	Modern Marvels: Hoover Dam (cc)		Lost Worlds "Braveheart's Scotland"	Ancient Discoveries: Cars and Planes			Dogfights German battleship.		Modern Marvels: Overseas Highway		
Lifetime		Reba (1) (cc)	Reba (1) (cc)	Still Standing (1)	Still Standing (1)	Reba (1) (cc)	Reba (1) (cc)	"A Secret Affair" (1999, Drama) Janine Turner, Paudge Behan. Premiere.		Will & Grace (1)	Will & Grace (1)		
MTV		Exposed (1)	Exposed (1)	Exposed (1)	Exposed (1)	The Real World	The Real World	Road Rules (cc)	Bam's Union	Two-A-Days (1)	Wrestling	Maui Fever (1)	Maui Fever (1)
NICK		Ned's School	Fairly OddParents	Fairly OddParents	Jimmy Neutron	SpongeBob	SpongeBob	Full House (cc)	Full House (cc)	Roseanne "Lies" (1)	Roseanne (cc)	Fresh Prince	Fresh Prince
SCIIFI		Stargate SG-1 "The Fifth Man" (cc)	Stargate SG-1 "New Order" (cc)		Stargate SG-1 "New Order" (cc)	Stargate SG-1 "Lockdown" (1) (cc)		Stargate SG-1 "Lockdown" (1) (cc)	ECW Is Lashley still Champion? (Live) (1) (cc)	(:05) The Dresden Files (1) (cc)			
SPIKE		Star Trek: Voyager "Tuvix" (1) (cc)	CSI: Crime Scene Investigation (cc)		CSI: Crime Scene Investigation (cc)	CSI: Crime Scene Investigation (cc)	CSI: Crime Scene Investigation (cc)		CSI: Crime Scene Investigation (cc)	UFC 67 Countdown (N) (1)			
TBS		Seinfeld (1) (cc)	Seinfeld (1) (cc)	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Sex and the City	Sex and the City	Friends (1) (cc)	Friends (1) (cc)	Sex and the City	Sex and the City
TLC		Property Ladder (cc)		Motorcycle Mania		Overhaulin' 1965 Buick. (cc)		American Chopper		Miami Ink "Shop Party" (N)		Miami Ink "Woman in a Man's World"	
TNT		Without a Trace "Expectations" (1)		Without a Trace "More Than This" (1)		Without a Trace "Shattered" (cc)		Without a Trace "Requiem" (1) (cc)		The Closer "Heroic Measures" (cc)		Cold Case "Strange Fruit" (1) (cc)	
USA		(3:30) Jaws (1975)	Law & Order: Special Victims Unit (1)	Law & Order: Criminal Intent (cc)		★★★ "The Bourne Identity" (2002, Suspense) Matt Damon, Franka Potente, Chris Cooper. (cc)				Law & Order: Criminal Intent (cc)			
VHI		(5:00) 40 Dumbest Celeb Quotes Ever	The White Rapper Show (1)		I Love New York "What's Up Dog" (1)	Celeb Showdown 2007 (1)		Bad Habits (1)	Shoot Sizemore	★★★ "Woodstock" (1970) (1)			
SPAN.	TELEM	Daniela	Noti-Telemundo	Viuda de Blanco (N)		Marina (N)		Amor Mio (N)	Amor Mio	Decisiones		Noti-Telemundo	12 Corazones
UNIV		Que Locura	Noticiero Univ	Duelo de Pasiones		La Fea Más Bella (N)		Mundo de Fieras (N)		Ver Para Creer		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live) (cc)		College Basketball Mississippi State at Mississippi. (Live) (cc)		College Basketball Michigan State at Illinois. (Live) (cc)						SportsCenter (Live) (cc)	
	ESPN2	2005 World Series of Poker (cc)		College Basketball Wichita State at Northern Iowa. (Live) (cc)		NBA Coast-to-Coast (Live) (cc)						Super Bowl XXXV	Super Bowl XXXVI
	CSN	Totally Football	SportsNite (cc)	NBA Basketball Detroit Pistons at Washington Wizards. From Verizon Center in Washington, D.C.				Wizards Post.	SportsNite (Live) (cc)			ACC All-Access	Final Score
NEWS	CNN	Lou Dobbs Tonight (cc)		The Situation Room		Paula Zahn Now (cc)		Larry King Live (cc)		Anderson Cooper 360 (cc)			
	FNC	Special Report (Live) (cc)		The Fox Report With Shepard Smith		The O'Reilly Factor (Live) (cc)		Hannity & Colmes (Live) (cc)		On the Record-Van Susteren		The O'Reilly Factor	
	MSNBC	Tucker		Hardball (cc)		Countdown With Keith Olbermann		Scarborough Country		Warrior Nation		Warrior Nation	
MOTES	AMC	★★ "Three Amigos!" (1986, Western) Chevy Chase, Steve Martin. 'PG'		★★ "Happy Gilmore" (1996, Comedy) Adam Sandler, Julie Bowen. 'PG-13'					★★ "Happy Gilmore" (1996, Comedy) Adam Sandler, Julie Bowen. 'PG-13'				
	TCM	★★ "This Happy Breed" (1940, Drama) Robert Newton, John Mills. 'NR'		★★ "Arizona" (1940, Western) Jean Arthur, William Holden. 'NR'					(:15) ★★★ "Shane" (1953, Western) Alan Ladd, Jean Arthur. 'NR'				
	HBO	(4:30) Hope Floats	★★ "Star Wars: Episode I -- The Phantom Menace" (1999) Liam Neeson. (1) (cc)	'PG-13' (cc)		The Sopranos "Mayham" (1) (cc)			Friends of God: A Road Trip		★★ "Firewall" (2006) Harrison Ford.		
	MAX	★★ "Miss Congeniality 2: Armed and Fabulous" (2005) Sandra Bullock. (1)		★★ "The Hills Have Eyes" (2006) Aaron Stanford. 'R'				MAX on Set	★★ "16 Blocks" (2006) Bruce Willis. (1) (cc)		Emmanuelle		
	SHOW	★★ "The Longest Yard" (2005) Adam Sandler. iTV. (1) (cc)		★★ "Scream 2" (1997, Horror) David Arquette. iTV. (1) (cc)					Masters of Horror "Washingtonians"		The L Word "Layup" (iTV) (1) (cc)		
	TMC	My Teacher's	★ "200 Cigarettes" (1999) Ben Affleck. (1) (cc)	(15) ★★★ "Blood Simple" (1984, Crime Drama) John Getz. (1) (cc)					★ "Dirt Merchant" (1999) Danny Masterson. 'NR' (cc)		Suspect Zero 'R'		
	STARZ!	(5:20) ★★ "Underworld: Evolution"	(15) ★★ "The Prize Winner of Defiance, Ohio" (2005) Julianne Moore. (cc)		★★ "A Lot Like Love" (2005) Ashton Kutcher. (1) (cc)				(10:50) ★★ "Guess Who" (2005) (1)				
	ENCORE	(:05) ★★ "Lords of Dogtown" (2005) Emile Hirsch. (1) (cc)		★★ "Lethal Weapon 3" (1992, Action) Mel Gibson, Joe Pesci. (1) (cc)					★★ "Medicine Man" (1992, Drama) Sean Connery. (1) (cc)				

# Television

attract huge numbers of viewers. Of the top 30 most-watched TV events of all time, all but two aired between November and February. The Super Bowl is a giant exclamation point on this argument. It makes sense. It's time to hibernate.

Fox has been smart to launch many of its series during this time of year. I find it comforting sitting in my darkened winter TV cave watching Jack Bauer start a new day on "24." I seem to remember watching "Joe Millionaire" beginning in the dead of a very cold winter — and maybe it required subzero temperatures to make "Joe Millionaire" seem interesting.

Tonight's "Idol" auditions take place in Birmingham, Ala., home to "Idol" champ Ruben Studdard.

KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

# 'Idol' Hibernation

## Rivals breath easier with ratings ruler switching to one hour

**WINTER WONDER** | That sound you hear is the collective sigh of relief from the programmers for five networks as "American Idol" (8 p.m., Fox) pulls back from two hours to one. As expected, the talent spectacle has set the ratings standard this year, crushing everything in its path. Last Wednesday's two-hour "Idol" attracted a bigger audience than its rivals CBS, ABC, NBC, CW and MY Network — combined.

Early winter is a good time to



Paula Abdul blissfully stares into the distance, dreaming of ratings, unicorns.

## Classifieds

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and NEW RESTAURANT  
CAFE DU PARC POSITIONS



WILLARD  
INTERCONTINENTAL.  
WASHINGTON D.C.

### JOB FAIR

Wednesday, January 31st  
9:00 AM - 2:00 PM  
Huges Room - 2nd Floor

Apply in person:  
WILLARD INTERCONTINENTAL  
1401 Pennsylvania Avenue, N.W.  
Washington, DC 20004

### Maintenance

**Maintenance Tech (MT)**  
for S.E. property. 3+ years experience. drug test and criminal check a must. Fax resumes: 410-740-5821.

**MANAGEMENT**—Dominion Enterprises has an immediate opening for a Circulation Manager for the Washington, DC/Maryland operation. We are the largest distributor of free publications in the United States. Ideal candidates would have route sales management experience but this is not mandatory. Full benefits incl. 401K, health, vision, dental and prescription care as well as paid vacation provided. Send resumes' to John at [john.bianchi@traderdistribution.com](mailto:john.bianchi@traderdistribution.com) Or fax to: 314-423-0715.

### Marketing

Media Planner  
at  
**The Washington Post**

As a member of our Marketing Research Department, produce industry-specific sales strategy presentations and media recommendations that match Washington Post Jobs Advertising products with client target audiences and objectives. Requires strong data analysis skills, ability to communicate media research concepts and technical data to lay people both graphically and in written reports, excellent writing and communication skills, and Bachelor's degree. Expertise in Excel and PowerPoint strongly preferred. Experience quantifying marketing data, in sales, employment in the media, or employment with an ad agency a plus. For more info: [www.washingtonjobs.com](http://www.washingtonjobs.com). Send a cover letter and resume to: [talentsearch@washpost.com](mailto:talentsearch@washpost.com). Subject line: MPXP/JT  
*We are committed to diversity in the workplace and promote a drug free environment.*

### Mechanic

#### FLEET MECHANIC/ WAREHOUSE

Premium Distributors is now accepting applications at our Washington, DC location. Fleet mechanic must have 2 years previous diesel exp. Class 'A' CDL is a plus. We are also hiring for all shifts in the warehouse. Warehouse/Forklift exp and ability to lift 35lbs is req'd. Apply at 3500 Ft. Lincoln Dr., NE, DC 20018. Company Benefits include Health, Dental & Vision Ins; Retirement and 401(k). All applicants must pass drug screen & background check.

AA, EEO, M/F/H/V/D, Drug Free Workplace

**MORTG BANKING**—Start the New Year off right with Leads, Leads, Leads. LO's w/yr exp. \$100K commis + training pay. Call Steve, **301-209-7555**

**NANNY**—M-F. Live in/out. Housekeeping, must speak English well, be legal, transportation/refs. 703-281-7904.

### OPERATIONS MANAGER

College Bound is seeking a FT Operations Manager with human resources exper. Responsibilities include recruiting, training, reporting & developing/maintaining office policies, procedures & filing systems. VISTA exper. a plus. Hrs: 10am-6pm, Salary starts at \$27K+benefits. Email/fax resume to: [info@collegebound.org](mailto:info@collegebound.org) (202) 842-1926.

### GRAPHIC DESIGN



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### LOAN OFFICER NEEDED

Experienced Loan Officer needed. Leads provided.

Earn up to 70% commission.

**Experienced telemarketer needed.** Call 301-333-6880, ask for Mimi for more information.

### the ONION®

#### Newspaper Graphic Designer/Production Designer

The Onion, America's Finest News Source, seeks a full-time print media graphic designer for our Washington, D.C., publication and office. Work with a talented and passionate team of sales, business and design professionals in the Washington area, and throughout the Onion organization.

#### PRIMARY RESPONSIBILITIES

- Print graphic design and layout of advertising, editorial, promotional and collateral content for our locally distributed weekly newspaper.
- Work as a key member of a design team based throughout the U.S. to support and execute Onion Inc. projects and initiatives, and to constantly improve the process and presentation of our publications.

#### REQUIREMENTS

- 3+ years professional PRINT MEDIA design experience.
- The innate ability to work independently and show creative excellence, organizational prowess, and strict attention to detail under deadline.
- Complete knowledge of Adobe InDesign, Photoshop and Illustrator on the Apple Macintosh (OS X).

Prior newspaper or magazine design experience and any additional computer /technical, design, typography, art or photography skills or experiences are all a plus.

The Onion offers complete health, dental and matched 401K retirement benefits, and a casual work environment.

Submit a cover letter, resume, and salary requirements in confidence to [washingtondesigner@theonion.com](mailto:washingtondesigner@theonion.com). Plain text or PDF only. URL to your portfolio welcomed, but please do not include samples with your submission. We will be contact you if we wish to speak to you further. NO PHONE CALLS OR FAXES.

### OPTICIAN

Exper'd Optician needed for busy Beltsville location. Min. 2-3 years exper. Contact Bill, 301-902-2651

### PLUMBERS & HELPERS

In Calvert Co. New residential and commercial. Top pay. Health insurance and paid holidays. CALL: 301-855-4313 or 410-257-6378

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Avg. Pay \$20/hr or \$57K annually. Including Federal Benefits and OT Paid Training, Vacations-FT/PT 1-800-584-1775. ext. 8941. USWA

### Property Management

#### Admin Assistant

Must have background in project based subsidized housing. COS/Tax credit certifications need only apply. Yardi software knowledge a plus. Fax resume to: 202-561-8054

### Property Management / Join Our Team

Scott Management, Inc., a dynamic DC metro real estate firm, seeks talented, energetic and committed team members. We offer competitive compensation, comprehensive benefits, and opportunities for training and career development.

#### Current Career Opportunities:

- **Property Manager**
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- **Leasing Consultant (FT & PT)**
- **Maintenance Technician**

For detailed information please visit us at [www.scottmanagementinc.com](http://www.scottmanagementinc.com) (Join our Team) EOE

### Property Management

#### MAINTENANCE

Large condominium in NW DC is seeking FT exp Maintenance Tech. Candidate must be skilled in all aspect of condo maint (plumbing, HVAC, electrical, carpentry & painting). Must have valid Driver's lic & reliable transportation. Fax resume: 202-686-2523

### Property Management

#### LEASING CONSULTANT

Weekend leasing position available for hi-rise residential apartment building in S. Arlington for highly motivated, team oriented individual with the ability to close. Prior exp pref'd. Please fax resume with refs to 703-578-9325 or mail to Shirlington House Apt. 4201 S 31st St., Arlington, VA 22206

**RECEPTIONIST** — for Alex. office. Phone, travel arr., scheduling, data entry, company calendar, supplies, filing, light but proficient typing. Engaging personality, big smile, and excellent communications skills a must. Mac exp. helpful. Must have own car and valid drivers' license. Competitive salary and benefits. Email resume to [hr@picom.com](mailto:hr@picom.com)

### RECEPTIONIST

Successful Bethesda law firm seeks full-time Receptionist to handle busy front desk and other administrative duties. Great opportunity to work in a fun and fast-paced environment with a terrific team of professionals. Excellent opportunity for growth and promotion. Great salary and benefits. Professional appearance and phone manner are required. Knowledge of MS word preferred. Please fax resume and cover letter in confidence to 301-634-1352.

### RESTAURANT

#### ALL HOTEL POSITIONS

#### and NEW RESTAURANT

#### CAFE DU PARC POSITIONS



WILLARD  
INTERCONTINENTAL.

WASHINGTON D.C.

### JOB FAIR

Wednesday, January 31st  
9:00 AM - 2:00 PM  
Huges Room - 2nd Floor

### Restaurant

#### Grill Cook

Grill Cook. No exper. necessary, but is a plus. Will train. Temple Hills, MD. Call 301-894-1188.

### RESTAURANT

Restaurant & Harbor cruise co. is in the process of hiring P/T Shipmates: **Servers, Bussers, Bartenders, Cooks, Kitchen Help & Deck Crew.** Apply in person Mon-Weds 11am-4pm. Spirit of Washington, Pier 4, 6th & Water Streets, SW, Washington, DC 20024 (Waterfront Stop on Metro's Green Line) Phone: 202-264-3608

## Classifieds

## JOBS

## Restaurant

M&S grill is looking for FT Experienced Servers and Cocktail Servers for a high volume downtown restaurant. Applicants should be enthusiastic team players. Apply in person 2-5p, Mon-Fri. 600 13th St NW, Washington, DC 20005.

## Retail

## CLOSING SUPERVISOR

Needed immediately. Competitive salary, benefits available. Please contact Lynn or Nicole at: 301-962-0600.

## Sales

Account Executive  
Cars.com  
Advertising at

## The Washington Post

Representing The Washington Post and Cars.com, sell online advertising solutions; plan and execute advertising campaigns for car dealerships in the metro DC area. Inside sales, upselling, cross-selling, managing and servicing accounts. Requires superior client service skills, pleasant and accommodating phone manner, the personal initiative to consistently achieve above sales goals, strong internet skills and understanding, enthusiasm for selling, and proven positive results as a persuasive communicator. Requires Bachelor's or equivalent plus 1-2 yrs. relevant experience. Part-time 32 hr./wk. The Washington Post offers great employment benefits including health and 401(k) plan.

For more info: [www.washpostco.com](http://www.washpostco.com), Send resume to: [TalentSearch@washpost.com](mailto:TalentSearch@washpost.com) Subject line: TSREXP/JT

## SAFETY

## DOWNTOWN SAM

Downtown DC needs friendly, energetic people to join our uniformed, radio-equipped downtown SAM team. Full-time outdoor street patrol—assist visitors, provide a reassuring presence downtown, and report hazards and emergencies. Bilingual a plus. \$14.12/hour after paid training program, excellent benefits. Rotating shifts, with some nights and weekends required. Background check and pre-employment drug screen will be conducted. Call 202-626-1147. EOE.

## Sales Trainer

Advertising Sales  
at

## The Washington Post

The Washington Post has an exciting career opportunity for an experienced trainer to develop and deliver sales training to advertising reps. Train for consultative selling, products, processes, and relationship building. Coach reps individually, schedule courses, coordinate registration, develop materials. Requires sales, consultative selling, and training experience, superior group presentation skills, ability to design training modules tied to business objectives, ability and desire to act as sales coach, proficiency in PowerPoint, and Bachelor's degree. To apply, send cover letter, resume, and salary requirements to:

[talentssearch@washpost.com](mailto:talentssearch@washpost.com)

Subject line: Attn: TRNEXP/JT

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Service Techs — w/own car. For mattress inspec. FT/PT. Will train. 877-552-4022.

## Human Resource Manager

St. Coletta of Greater Washington is a state of the art special education facility serving school-age children and adults with mental retardation, autism and secondary disabilities. We are actively recruiting for:

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Position requires exceptional oral and written communication skills, proficiency in Microsoft Office, and experience with ADP automated payroll/human resource systems. This diverse environment requires a highly energetic, self-motivated candidate able to multi-task with attention to detail.

Our new state-of-the-art school is directly opposite the Stadium/Armory METRO exit on Independence Avenue, SE. We offer top competitive salaries and excellent benefits. Learn more about us and our new school at [www.stcoletta.org](http://www.stcoletta.org). Mail resume to: St. Coletta of Greater Washington, 1901 Independence Ave., SE, Washington, DC 20003; Fax 202-350-8657; [Jobs@stcoletta.org](mailto:Jobs@stcoletta.org). No calls please. EOE

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Apply now at: [work@lululemon.com](mailto:work@lululemon.com)  
Please specify Arlington Store in title of your submission

We are an equal opportunity employer and appreciate your interest, but only those under consideration will be contacted.

## SALES REP

## SALES REP

MD based wholesaler looking for aggressive, self-starter, energetic Salesperson to call on the guest in convenient store trade in MD, DC, & No.VA area. Exciting opportunity for entry level or exper'd. Excellent benefits. Fax or email resume with salary requirement to Lori: [lrodman@centurydist.com](mailto:lrodman@centurydist.com) or fax 301-212-9681.

## SAT/ACT Instructor

Seeking instructor to teach SAT/ACT/PSAT preparation classes to high school students part-time. Teaching experience, high test scores, and good academic background preferred. Evenings/weekends required. Send resumes to PO Box 28002, Washington, DC 20008

## SECURITY OFFICER

Immediate openings for PT on-call Security Officers in DC. Must have excellent communication, writing & interpersonal skills. Exp'd pref'd but not req'd. Must be able to obtain a DC security license. Apply online at [ppssvc.com](http://ppssvc.com) or fax resume to 301-265-9866

## Sheet Metal

## SHEET METAL WORKER &amp; WELDER

Experience needed. Alexandria, VA. Call 703-256-1197 or email: [info@metalcraft.biz](mailto:info@metalcraft.biz)

## Sales

Account Manager  
Advertising Sales

## the ONION®

The Onion is coming to Washington and we're looking for outstanding candidates to sell advertising in this nationally recognized, award winning publication. Do you have outstanding ability to prospect sales leads, cold call and cultivate new business? If you have a track record in closing business then this may be just the opportunity you've been waiting for.

## Qualifications:

- Newspaper/advertising experience a plus
- Self-motivated and persistence
- Strategic and consultative approach to sales
- Strong follow-up skills

## We Offer:

- Great earnings potential
- Excellent benefits
- Growth Opportunity
- Terrific Work Environment

Send your resume to: [Talentsearch@washpost.com](mailto:Talentsearch@washpost.com) (Attn: onionexp/JT)

The Onion's Washington edition is published in partnership with Express and The Washington Post which will be responsible for advertising sales, marketing, circulation and printing. This advertised position is for employment with The Washington Post newspaper and not directly for The Onion. The Washington Post is committed to diversity & a drug free environment. Equal Opportunity Employer.



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Apply your self-starting approach in performing intensive out-bound phone work to establish and update our "for sale" and "for lease" commercial property listings, and to track the latest industry activity/transactions. We will maximize your college degree and/or previous work experience, plus your outstanding communication, customer service and time management skills. Key is a readiness to thrive in a pay-for-performance production environment. Windows-based computer skills also a must.

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The leaders we seek will motivate and oversee the performance of 8-10 Research Associates in an outbound calling, pay-for-performance environment. You will also ensure the quality of information for market-specific service products (Property, Commercial MLS, COMPS, Connect and Retail listings) • assume reporting and statistical analysis • and develop relationships with brokers, owners, developers, etc. Requirements include a Bachelor's degree, MS office skills, and 3-5+ years of exceptional supervision/production/management experience in a metrics-oriented, production-driven setting.

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## Sales

## The Washington Post

Advertising Sales  
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**Outside sales opportunity!** Our clients are the best known technology and telecommunications corporations in the world, and among the most sophisticated, savvy, demanding, and complex buyers in business. You are media savvy and comfortable in the technology world. Your MBA and experience selling to technology and/or telecommunications accounts has you highly prepared for this position. You own your accounts, feel good about what you sell, and your work is an important contribution to our organization. More info: [www.washpostco.com](http://www.washpostco.com). Send resume to: [WPTS@staffingadvisors.com](mailto:WPTS@staffingadvisors.com)

We are committed to diversity & promote a drug-free environment.

## Sales

Business Development  
in  
Recruitment Advertising  
at

## The Washington Post

We are recruiting multiple sales reps to generate new business. In exchange for your ability to research and target potential advertisers, develop leads, and close new business we offer:

- Uncapped commissions
- Excellent growth opportunities
- Great work environment

For information: [www.washingtonjobs.com](http://www.washingtonjobs.com). Send resume to: [talentsearch@washpost.com](mailto:talentsearch@washpost.com) and reference job code: MMEXP/JT

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Access Worldwide has immediate Full-Time positions available for Professional Tele-Sales Representatives.

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- Excellent negotiation and closing techniques.
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- PC Literacy (Excel/Word/Outlook req'd)
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- Weekday schedule, Monday - Thursday 8am-5:30pm; Friday 8-12noon
- Paid Training \$10.00 Base salary after \$13.00
- Medical, Dental, Vision, and Prescription Benefits

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Hyattsville, MD 20782

**Rosslyn Metro**  
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Arlington, VA 22209

Call: 571-438-6556  
Fax: 866-589-7312

E-Mail: [recruitment.cs@accessww.com](mailto:recruitment.cs@accessww.com)

## SECURITY

**SecTek Inc.**, currently hiring GSA A-1 and S-1 Certified Security Officer Supervisors. \$24.50/hour + corporate benefits. Please contact: James Harris, 571-234-4663

## Social Worker

Several MSW, clinical LG, DC MD licensed FT, PT hours. Contact Brenda Williams at: 301-749-2003.

## Teacher

Special Education Teacher  
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## TELEMARKETING

Award Winning Marketing Co. looking for enthusiastic sales individuals. Top full-time rep earned \$75,000 last year and Part-time \$42,000! Seating is limited, call NOVO 1 (301) 361-1111 located in Laurel - 312 Marshall Ave. Start earning the money you deserve!

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## CAREER TRAINING AND EMPLOYMENT SERVICES

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All positions are FT and require a retail work schedule. We offer med/den/vis/40lk. Candidates must have the ability to attend or paid training programs in Mahwah, NJ. To apply, fax your resume to 302-479-7899 or email to [macauley@libertytravel.com](mailto:macauley@libertytravel.com)

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## JOBS

# Bilingual Sales Professionals Needed

## Outside & Classified

*"Both position provide high earnings  
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- Needs to be organized
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**Arlington, VA 22201**

**Att: Business Office**

**Fax: 703.527.0369**

**Email: [kris@eltiempolatino.com](mailto:kris@eltiempolatino.com)**

**\*No phone calls, please.**

**El Tiempo Latino**

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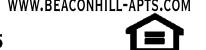
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# LOOK\*

\* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

## Food Personality

### Charm City baker comes up aces with 'docu-soap' TV show

Spend a few hours at Duff Goldman's bakery, and it becomes clear the omnipresent Food Network camera crews don't have to manufacture the dramatic tension that fans of his show, "Ace of Cakes," have come to expect.

Like Goldman himself, Charm City Cakes, where the ace and his staff produce their fanciful, edible creations, has a relaxed, welcoming vibe. But then crisis intrudes as a \$1,600 cake that once looked like a Scottish castle becomes, well, a pile of crumbling pastry and green icing.

It's around noon, and the party that the cake was made for starts at 6 p.m., so the Charm City crew has about five hours to remake it from scratch. Plus, the customer wasn't exactly thrilled with the cake before it collapsed, so she's asked for changes.

"This will be a good episode," said Willie Goldman, a co-executive producer of the show and Duff Goldman's older brother.

Duff Goldman knows that sometimes, cakes fall apart. He can handle that. But he's taken aback that a customer isn't happy with a cake that was designed precisely according to a detailed contract.

"I would have pulled out my wallet and given her what she paid for the cake," Goldman said.

The bakery moves into triage mode, with employees pulled from other projects to help rebuild the castle. As the anxiety subsides, they return to cracking off-color jokes, confident they'll persevere to create a beautiful, exquisitely detailed

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HOW SWEET IT IS: Charm City Cakes baker and owner Duff Goldman is a household name, thanks to "Ace of Cakes."

# For the Love of Cake

new cake.

With a devilish grin on his face, Goldman tells Richard Karoll, the employee who delivered the first cake, that he's now in the Charm City Cakes records for worst foul-up ever.

"You couldn't have planned this to make it more awful," Goldman said.

The second season of "Ace of Cakes" debuted Jan. 18 and will run for 13 weeks, airing Thurs-

days at 10:30 p.m.

It's an unusual series for the Food Network, because Goldman doesn't teach viewers how to bake cakes. Instead, the show chronicles what Goldman calls "the insanity that ensues" every time he and his gonzo bakers try to put together a cake that looks like, say, Machu Picchu, or a working soda fountain.

"Ace of Cakes," which debuted in August, is the Food Network's first "docu-soap" — essentially a

**“He’s a brilliant artist and an incredibly talented cake maker, but he’s also very funny, outrageous, and he doesn’t care what people think.”**

BOB TUSCHMAN, FOOD NETWORK

reality show with fewer contrivances, said Bob Tuschman, the network's senior vice president for programming.

"Our viewers loved it right off the bat. It quickly became one of our top five shows," Tuschman said. "Duff, I think, is a pretty unique being. He's a brilliant artist and an incredibly talented cake maker, but he's also very funny, outrageous, and he doesn't care what people think about him." BEN NUCKOLS (AP)

## "WISE, ZANY, BITTERSWEET, SEXY"

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# A Change in Climate

## Science

### After years of debate, critics accept global warming is a reality

Maybe it's the weird winter weather, or the newly Democratic Congress.

Maybe it's the news reports about starving polar bears, or the Oscar nomination for Al Gore's global warming cri de coeur, "An Inconvenient Truth."

Whatever the reason, years of resistance to the reality of climate change are suddenly melting away like the soon-to-be-history snows of Kilimanjaro.

Now even President Bush says it's a problem.

For years, the president and his supporters argued that not enough was known about global warming to do anything about it. But during last week's State of the Union address, Bush finally referred to global warming as an established fact.

**“The science of global warming is clear. We know enough to act now. We must act now.”**

JIM ROGERS, DUKE ENERGY

“These technologies will help us be better stewards of the environment, and they will help us to confront the serious challenge of global climate change,” Bush said in proposing a series of measures to reduce gasoline consumption by 20 percent in 10 years.

Environmentalists and scientists who study the problem say the nostrums Bush proposed last Tuesday night will do little to prevent the serious environmental effects that the globe faces in coming decades.

Environmentalists favor imposing a mandatory cap on greenhouse gas emissions tied to a market-based emissions trading system. Several of



An iceberg floats in the bay in Kulusuk, Greenland, where an ice melt is occurring.

the global warming bills that have been introduced to the new Democrat-controlled Congress would do exactly that. House Speaker Nancy Pelosi has proposed creating a new global warming committee to con-

sider the legislation.

“We want the pressure on. The pressure will drive the development of new technologies,” said Rep. Henry Waxman, D-Calif., who introduced one of the global

warming bills.

Many industry leaders have come to realize that such measures may be more an opportunity than a hindrance. The day before Bush's speech, the chief executives of 10 corporations, including Alcoa Inc., BP America Inc., DuPont Co., Caterpillar Inc., General Electric Co. and Duke Energy Corp., called for mandatory limits on greenhouse gas emissions.

“It must be mandatory, so there is no doubt about our actions,” said Jim Rogers, chairman of Duke Energy. “The science of global warming is clear. We know enough to act now. We must act now.”

And a week before the State of the Union address, a dozen evangelicals called action against global warming a “moral imperative” in a joint statement with scientists from the Centers for Disease Control, NASA, Harvard and other institutions.

There is still plenty of opposition to action on global warming in both the evangelical and business communities, but the tide is clearly turning.

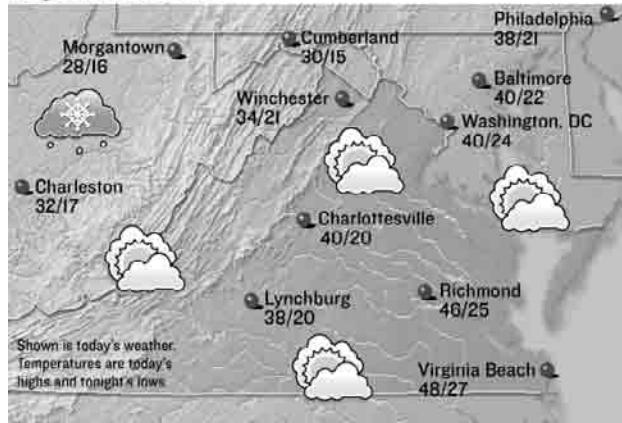
“You’re seeing a major political shift that is fairly broad-based,” said Robert Watson, a scientist at the World Bank and former chairman of the United Nations scientific panel responsible for evaluating the threat of climate change.

MATT CRENSON (AP)

### 5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny, breezy 40°	Clouds breaking, snow showers; cold 24°	Mostly sunny 35° / 23°	Mostly cloudy 38° / 28°	Mostly cloudy 41° / 28°	Mostly sunny, breezy in the p.m. 36° / 19°

### Regional Weather



### Almanac

Washington, D.C., through 4 p.m. Mon.

#### Temperature

High .....	32°
Low .....	21°
Normal high .....	43°
Normal low .....	27°
Average humidity .....	37%

#### Precipitation

24 hours ending 4 p.m. ....	0.00"
Month to date .....	2.46"
Normal month to date .....	3.01"
Year to date .....	2.46"
Last year to date .....	2.84"
Normal year to date .....	3.01"

For up-to-the-minute weather, see: [washingtonpost.com/weather](http://washingtonpost.com/weather)

### Regional Forecast

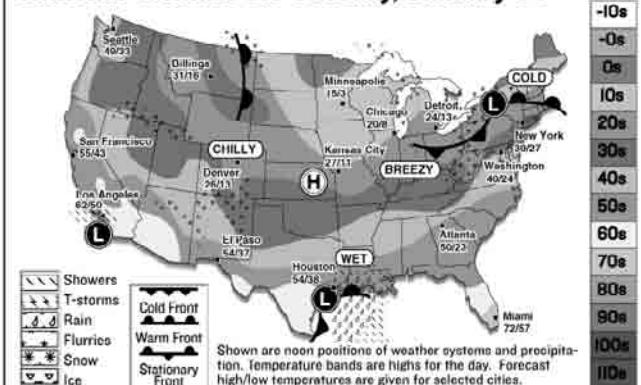
D.C. Metro: Today, partly sunny, breezy. High 38. Wind west-southwest 7-14 mph. Tonight, mostly cloudy, a snow shower. Low 24.

### Sun and Moon

Sunrise today .....	7:17 a.m.
Sunset tonight .....	5:27 p.m.
Moonrise today .....	2:44 p.m.
Moonset today .....	5:44 a.m.

Full	Last	New	First
Feb 2	Feb 10	Feb 17	Feb 24

### National Weather for Tuesday, January 30



### National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W	City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	50/23/pc	46/35/pc	Amsterdam	48/39/pc	48/41/r
Boston	28/18/pc	28/22/pc	Athens	55/36/s	59/39/s
Chicago	20/8/sf	23/18/sf	Berlin	43/37/sh	43/36/r
Dallas	42/31/c	43/34/c	Buenos Aires	90/64/pc	90/68/pc
Denver	26/13/pc	28/8/sn	Calgary	36/19/pc	28/9/c
Honolulu	79/73/sh	80/72/pc	Dublin	46/41/pc	52/43/c
Los Angeles	62/50/r	62/48/pc	Geneva	41/27/s	49/30/s
Miami	72/57/pc	75/65/c	Moscow	12/5/c	10/6/c
New York City	30/27/pc	32/24/pc	Rome	59/37/s	57/37/s
Orlando	60/38/pc	62/51/c	Sydney	87/72/s	76/68/pc
Seattle	49/33/s	46/35/s	Tokyo	54/44/pc	54/42/s

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice

## Styles

## LOOK out



The guy sitting next to you on the Metro will be wearing this Dries Van Noten jacket in the autumn and winter of 2007-2008.

# Go Girly, Man

## Men's Paris runway shows embrace their feminine sides

From a matronly silk scarf knotted over the shoulders to a jogging suit in purple duchess satin, Paris menswear designers are challenging traditional notions of masculinity by borrowing elements from the female wardrobe.

The Lanvin ready-to-wear show, held on Sunday in an ornate salon of the five-star Crillon hotel, delivered a sophisticated take on the skinny trousers and cropped jackets currently in vogue with the trendsetting youngsters of the Paris rock scene.

Models with seamless felt caps, cocked at a jaunty angle, paraded in smart tailored coats paired with satin high-top sneakers — the type of esoteric mix that has made Lanvin a favorite with influential fashion editors.

Lucas Ossendrijver, who designs

the menswear line under artistic director Alber Elbaz, said he was inspired by jogging suits, which were reworked in crinkled black leather with a ribbed brown cuff or in heavy satin, traditionally a couture fabric.

"We did it in a way that's very masculine but never macho," he told reporters after the show. "It's about being modern — what's needed for a guy today to be modern and not be too dressed up and not be too casual."

That meant floaty silk ties or cravats worn askew, the better to convey the wearer's insouciance. Standouts from this autumn-winter collection included a crinkled black satin trenchcoat and a sharkskin parka with matching slim pants.

It was all part of the dandi-

Hats are back, at least according to the Lanvin autumn/winter line.

PARIS  
Runway  
REPORT



fied new approach to men's fashion that puts the onus on luxurious detail.

Ariel Wizman, the French DJ and man-about-town, said being a dandy was about defying expectations.

"It's about playing with codes and escaping typecasting," said Wiz-

**“Dandyism is about not giving people exactly what they want. You can be a dandy and be very modern.”**

ARIEL WIZMAN, DJ

man, who was spinning the decks at Lanvin wearing a three-piece suit and tie. "Dandyism is about not giving people exactly what they want. You can be a dandy and be very modern."

By that definition, Belgian designer Dries Van Noten hit the mark with his collection late on Saturday, which drew inspiration from 1980s hip-hop — a world seemingly miles removed from his painterly aesthetic.

But in Van Noten's hands, even that era took on an eccentric connotation, as models emerged with Versace-style printed silk scarves casually slung over matching shirts.

A black padded nylon bomber jacket was updated with a bright yellow ribbed trim, while gauzy mohair cardigans twisted around the body so that their buttons sat just above the hip.

The Antwerp-based designer has taken his individual take on style one step further with a new Paris store, just steps away from the Fine Arts school on the artsy Left Bank where he showed the collection.

"My idea was really for it to be like a house, like a personal apartment, and I put a lot of myself in it to create a very personal view on shopping for the future," Van Noten said.

JOELLE DIDERICH (AP)

## Bathrooms



## One Pretty Potty

You can win a "PIMPED OUT JOHN" from Roto-Rooter. The toilet, pictured above, has a Philips 10-inch flat panel LCD TV, an Xbox 360, a DVD player, a laptop equipped with robot arm (this, by the way, is when we began laughing out loud while writing this), an iPod docking device equipped with a toilet-paper dispenser (this is when the giggling got out of control), a TiVo, a fridge with a beer tap, a magazine rack, a bike-pedal exercise system and an electric cup warmer/cooling unit. Go to [rotorooter.com](http://rotorooter.com) from now until April 2 to register.

KRISTEN PAGE-KIRBY (EXPRESS)

## Models



## Local Girl Makes Hot

As the new face of **ESTEE LAUDER**, Hilary Rhoda, a Chevy Chase native, made headlines this week as she ascended to a pantheon that includes Elizabeth Hurley and Gwyneth Paltrow. Rhoda has been lauded for her resemblance to Brooke Shields (it's the brows) and has appeared in runway shows ranging from Balenciaga to Marc Jacobs, YSL, Versace and Ralph Lauren. So don't lose heart, suburban girls: You, too, can someday walk the catwalks of Milan, ignoring pasta in favor of half a lettuce leaf, with dressing on the side.

FIONA ZUBLIN (EXPRESS)

# Lookout Online



from readexpress.com

## Express' New Look Online

WEB SITE | You might have noticed that Monday's **READEXPRESS.COM** home page was a little different. OK, a lot. Here's a quick rundown of what's different and why.

The changes are a continuation of the experiment we started last May to bring Express to the Web. Back then, we debuted a number of features — including our signature blog, Free Ride — which are all still a big part of what we'll bring you online.

What's new? An increased focus on local entertainment and lifestyles stories, aimed at helping you make the most of what's happening around town; diversions such as the latest viral videos and celebrity news; an easy-to-use navigation system to get you to our story

archives; and, yes, those games and puzzles so many of you have been asking for. We hope you like what we've done with the place.

→ **LOCAL ENTERTAINMENT:** Our Weekend Pass section already has the best of local music, film, books and the arts each weekend. Now we've added daily entertainment features to get you through the week, edited by Christopher Porter, formerly of Jazz Times.

→ **FREE RIDE:** Our signature blog, penned as always by Michael Grass, the founding editor of **DCIST.COM**, and others on the Express team. Free Ride is our street-level look at the news and issues of interest to those who live, work and commute in the Washington area.



COURTESY THE AQUARIUM

**READY TO PLAY:** Local rockers the Aquarium hit the Black Cat tonight.

→ **TOP STOPS:** The entertainment listings you know from our print edition are still here, and they've been expanded to include a full week's worth of events, selected by our entertainment staff. You can find them right there on our home page — and then find out where they're happening using the accompanying Google Map.

→ **EYE OPENERS:** You've read the weird stories in the newspaper. Now check out our collection of wacky videos, culled by EyeOpeners editor Chris Mincher.

→ **BLOG LOG:** The must-read feature for Web scribes all over D.C. is now online. Check back all day for the latest quotables.

→ **METRO LINKS:** Our Google Maps-based neighborhood explorer allows you to find the restaurants, bars, entertainment hot spots and other points of interest near any Metro station.

→ **DIVERSIONS:** We now feature an online version of the L.A. Times crossword puzzle and an interactive daily Sudoku.

Please give the new site a try. Let us know what you think of it at **COMMENTS@READEXPRESS.COM**.

### Coming Up Today

The local music scene is buzzing about the Aquarium, which released a self-titled album last year.

## Poll Center

### TODAY'S QUESTION

Are you eager to buy the new Microsoft Vista software?

1. Yes
2. No

### YESTERDAY'S RESULTS

Will public opposition sway President Bush on Iraq?

**NO**

**YES**

93%

7%

As of 5:45 p.m. Monday. Not a scientific poll.

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRORAIL COMMUTERS VOTED AT **READEXPRESS.COM/POLLCENTER.PHP**



“So, Bolton is bolting. There is just no loyalty in the crew without a clue, as soon as they get some distance ... they start singing a new tune.”

DEBSQUIRKYWEB.BLOGSPOT.COM REACTS TO A REPORT THAT FORMER U.S. AMBASSADOR TO THE U.N. JOHN BOLTON TOLD A FRENCH NEWSPAPER THE U.S. HAS NO STRATEGIC INTEREST IN A UNIFIED IRAQ.

### Oh, Posh!

“You'd think she is being sarcastic with the \$250 million her husband is about to make, but this is just Posh trying to be nice. ... Scientology would make more sense if it was based on Pokemon.”

**IDON'TLIKEYOUINTHATWAY.COM** REACTS TO A NEW YORK DAILY NEWS ITEM ABOUT VICTORIA BECKHAM SAYING SHE WOULDN'T SPEND MONEY ON SCIENTOLOGY “NONSENSE.”

### R.I.P. Barbaro

“If only pharmaceutical companies and politicians could come together and figure out a way to get rich off of keeping horses alive, we could force them to live in pain and suffering for years!”

**METADISH.COM** SAYS IT'S TOO BAD HUMAN SUFFERING ISN'T TAKEN AS SERIOUSLY AS THE WELFARE OF BARBARO THE RACEHORSE.



### The Cruel Capital

“When a 7- or 8-month [-pregnant] woman gets on the train, could someone please tell me why no one thinks it's a good idea to give up their seat for her? [R]eally, should she have to ask for a seat? [C]an't you people see that she has a 6-pound fetus in her?”

**S-INTHECITY.BLOGSPOT.COM** WRITES ABOUT THE LACK OF CHIVALRY IN THE COMMUTER POPULATION. THE BLOGGER LONGS FOR THE NICER, KINDER MIDWEST.



“[B]ack in the day, [Ari Fleischer] had a kind of evil charisma. He doesn't look so good today.”

**FIREDOG LAKE.COM**, ONE OF THE HANDFUL OF BLOGGERS CREDENTIALED TO COVER THE SCOOTER I LEWIS “SCOOTER” LIBBY TRIAL, ASSESSES HOW THE FORMER WHITE HOUSE PRESS SECRETARY PERFORMED MONDAY.

### Live Online

### Barbaro's Death

**DR. CELESTE KUNZ**, chief examining veterinarian at the New York Racing Association, was online Monday to discuss Barbaro's history and why it was necessary to euthanize the colt.

**Even with everything that was done, Barbaro had to be euthanized. So will similar attempts be made in the future to help a thoroughbred that gets hurt as badly? Or will this outcome discourage that?**

I think it's just the opposite. As scientists, we learn from our cases and we use the information for our next case. We've learned a lot from this horse. There are a lot of positives. We've seen how resilient some horses can be. My hope is that more people will pursue repair as long as the horse is a suitable candidate as far as injury and personality. Personality is important because not every horse has a high tolerance level.

**Can you give us a ballpark estimate in regard to the total cost of trying**

to rehabilitate Barbaro? Was it all paid for out of the owners' pockets? Or do they have insurance for this type of thing?

Most horses are insured for mortality. My guess is that it's out of pocket and is in the tens of thousands.

**In terms of pain tolerance, how can the doctors tell?**

We can tell by their heart rate, their respiratory rate, vital signs, their brightness, alertness, if they're eating well and how they're moving in the stall. They're not often vocal.

**We hear the term “put down” or “destroyed” or “euthanized.” How is this done humanely? Is it with some drug combination?**

Yes, intravenous medication, first with a sedative, then an overdose of an anesthetic. Basically, they fall asleep and don't wake up. It's immediate.

**This may sound completely mean-spirited, but why is there such a huge following of Barbaro's injury and his recovery progress?**

I think he captured the hearts of so many because people love greatness and people love bravery.

## DON'T

**SUBMIT YOUR OWN VOICE.** C'mon, it's the Mid-Atlantic region; everyone knows we don't have accents. But if you want to send clips of yourself speaking to the Speech Accent Archive ([accent.gmu.edu](http://accent.gmu.edu)) at George Mason, maybe they'll have some use for it.

**TODAY ON LIVE ONLINE:** NFL insider Mark Maske discusses coaching changes, off-season moves and the Super Bowl at 11 a.m. | [washingtonpost.com/liveonline](http://washingtonpost.com/liveonline)

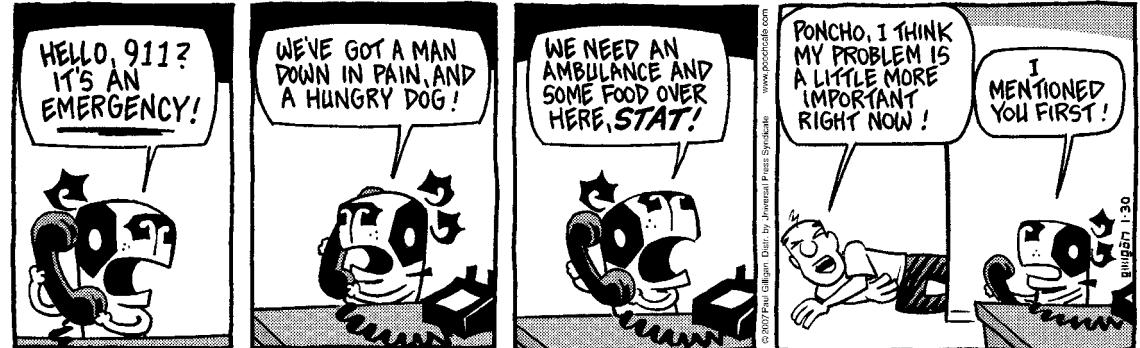
Bizarro | Dan Piraro



Cornered | Mike Baldwin



Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



## Horoscope

By Stella Wilder

**AQUARIUS (Jan. 20-Feb. 18)** You may be required to make a decision that will prove quite unpopular when discussed and analyzed by others. Still, it was your only real choice.

**PISCES (Feb. 19-March 20)** You may be surprised by the final outcome of a long-term struggle. However, you'll have the chance to start again in a new direction.

**ARIES (March 21-April 19)** Your interest in justice, equality and fair treatment for all is likely to match that of the most fervent Libra native. Demand your share.

**TAURUS (April 20-May 20)** A decision brought down by someone in authority is actually going to help you in the long run, though immediate effects may be good and bad.

**GEMINI (May 21-June 20)** You usually have a handle on the order of events, but you may stumble upon a situation that simply defies logic and conventional wisdom. Take your time.

**CANCER (June 21-July 22)** There is more

to the truth than your side of the story—and you'll have the chance to get the whole picture. Don't be rash.

**LEO (July 23-Aug. 22)** You'll be in the very center of the storm, and you'll have the influence to keep things under control when it is most necessary.

**VIRGO (Aug. 23-Sept. 22)** You won't have to do more than usual in order to get the usual results. If you want more, however, you may have to do a whole lot more.

**LIBRA (Sept. 23-Oct. 22)** A major personal issue is likely to be in the spotlight during the first part of the day. Make sure you do not turn your attention elsewhere.

**SCORPIO (Oct. 23-Nov. 21)** Problems associated with financial concerns are likely to come to the fore before this day is out. You'll discover a way out by day's end.

**SAGITTARIUS (Nov. 22-Dec. 21)** Someone else may be more practical than you are at this time, and there are a few things you can learn, especially if you'll keep your eyes open.

**CAPRICORN (Dec. 22-Jan. 19)** You may be in need of a little technical assistance before the day is out. You know to whom you must go for help—so why wait?

## Letters

### March Coverage Lacking

I WAS SORELY DISAPPOINTED to see that Express' only coverage of Saturday's March for Peace was a short snippet from a blogger who chose not to participate. Thousands of Americans came from all over the country

to make their voices heard about the war in Iraq and to raise their hands in support of leaders who oppose the death, destruction and debt that it is wreaking. The fact that a local and widely distributed newspaper largely ignored this is absurd to me. We marched with one proud voice, and you effectively silenced it.

—CATHRYN KULAT  
Washington, D.C.

**WRITE TO EXPRESS:** Include name, hometown and telephone number. Submissions may be edited. E-mail to [inbox@readexpress.com](mailto:inbox@readexpress.com) or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

## Today in History

**1649** England's King Charles I is beheaded.

**1933** The first episode of the "Lone Ranger" radio program is broadcast on station WXYZ in Detroit.

**1948** Indian leader Mahatma Gandhi is murdered by a Hindu extremist.

**1962** Two members of "The Flying Wallendas" high-wire act are killed when their seven-person pyramid collapses during a performance in Detroit.



Two of "The Flying Wallendas" died during a performance in Detroit in 1962.

**1968** During the Vietnam War, the Tet Offensive begins as communist forces launch surprise attacks against South Vietnamese provincial capitals.

# LOOK out

## People



Sexy is tired and wants to go home now.

## NO MORE

**Please, You Can Stop Bringing Sexy Back Now**

The Yves Saint Laurent menswear show Sunday reflected the influences of client **JUSTIN TIMBERLAKE**. The French label is dressing Timberlake for his world tour, and showed Justin-inspired styles like gray flannel trousers with a dropped crotch and a bag with gold chains and an oversized YSL-logo padlock. (AP)

## AWARDS

**'Thank You for Letting Me Practice My Oscar Speech'**

**WILL SMITH** was honored with the Modern Master Award at the Santa Barbara International Film Festival.

Smith is nominated for a best-actor Oscar for his performance in "The Pursuit of Happyness" as a struggling single father in San Francisco who beats the odds and goes from rags to riches. (AP)



## ACCIDENTS

**Brandy's Woes**

The California Highway Patrol recommended Monday that **BRANDY** be charged with misdemeanor vehicular manslaughter in a freeway crash that killed a woman motorist last month, a city attorney's spokesman said. Prosecutors couldn't say when they would make a decision. If charged, Brandy wouldn't necessarily have to appear in court. (AP)

## PURTY

**Harvard Students Create Excuse to Gawk at ScarJo**

Ben Stiller and **SCARLETT JOHANSSON** are this year's recipients of the annual Hasty Pudding awards, given by a student drama group at Har-



vard University. Johansson, 22, will lead a parade through Cambridge on Feb. 15, then attend a roast. (AP)

## CONFUSED

**Model Clearly Has Never Watched Cable Television**

**NIKI TAYLOR** filed a federal slander lawsuit against E! Entertainment for alleged intentional infliction of emotional distress with its profile of the model in the new series "Blvd. of Broken Dreams." The cable network allegedly told Taylor and her manager that the show would feature current professional endeavors, including



her signature fragrance, clothing line, upcoming cosmetics line and charitable foundation, the suit said. Instead, the suit said, defendants E! Entertainment Television Inc., E! Networks Productions Inc. and a producer focused on Taylor's past hardships and characterized her as a celebrity "who risked everything ... and lost." "My life is far from a 'boulevard of broken dreams,'" Taylor said in a statement. (AP)

## TRANSFORMED

**Mariah Carey Airbrushed Into Entirely New Person**

Leaked photos from **MARIAH CAREY**'s Playboy shoot have revealed that Mimi's not nude — just wearing a flesh-colored bathing suit, E! Online reported. A Playboy spokesperson confirmed Friday that photos of Carey will be in the March issue, on stands Feb. 9, accompanied by a Q&A. Meanwhile, Carey is attempting to prevent adult-entertainment star Mary Carey from trademarking her name, lest fans confuse the two, the Web site reported. Carey is up for two Grammy awards. (EXPRESS)



STEPHEN SHUGERMAN/GETTY IMAGES

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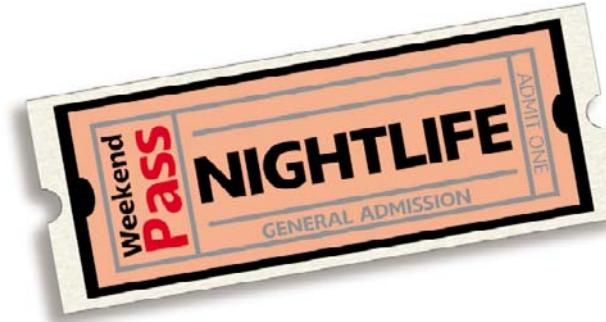
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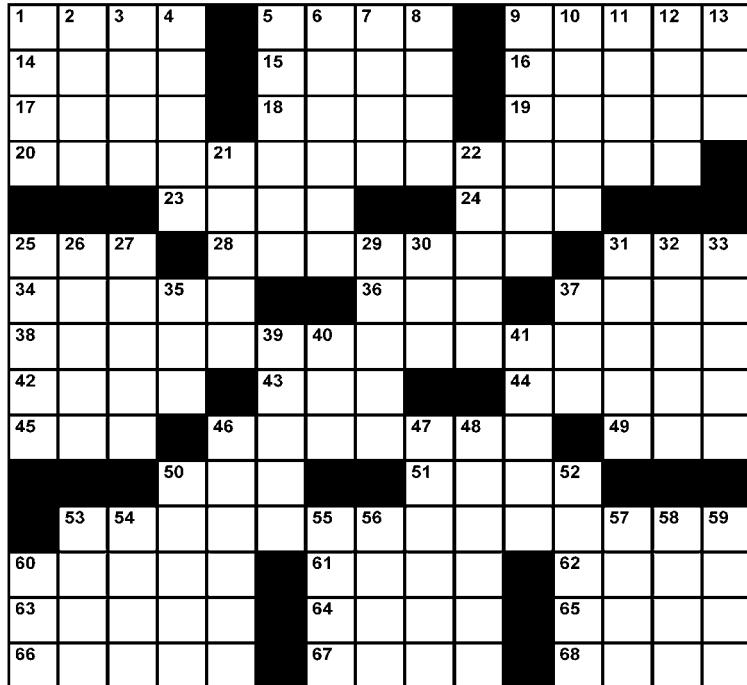
A publication of The Washington Post

# LOOK out

## Spy Game

**ACROSS**

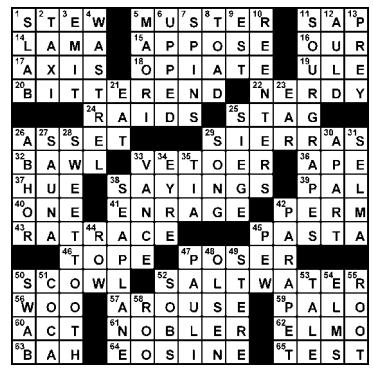
1 Salsa specification 5 Agt.'s cuts 9 Heavens above 14 \_\_\_ about (approximately) 15 Timber wolf 16 Is dog-tired? 17 Veritable 18 Dumb \_\_\_ ox 19 Scrub, as a mission 20 Buried loot 23 Radio part, perhaps 24 Choice of sizes, briefly 25 Words from the sponsors 28 Succumbs to a timber disease 31 Alphabet trio 34 Site of the Ali-Foreman rumble 36 Umbrage 37 Edible spheroids 38 Bond, e.g. 42 Thatcher's need 43 Ear anagram 44 Flat-bottom freight boat 45 Road shape 46 Like some rolls or toast 49 Landscaper's need 50 \_\_\_ in "able" 51 Become prominent 53 Entrance requirement, perhaps 60 Le \_\_\_, France 61 Outer coconut layer, e.g.



EDITED BY TIMOTHY PARKER

29 Hold, as the attention 47 Student's accessory 48 Chanced 50 Farmland measurements 51 Soothsayers 52 Some porcelain pourers 53 Basic French 54 Powdered starch 55 Continually 56 Add water, e.g. 57 Popular cookie 58 Purplish brown 59 Revolutionist's 60 Clear sky 61 About five 62 Native 63 Latin American 64 Table scrap 65 Skiers' lift 66 Acoustic 67 Measure 68 Shoe bottom 69 Nervous tics, e.g. 70 Hold, as the attention 71 \_\_\_ out?" (poker dealer's question) 72 Basic French 73 Hold, as the attention 74 \_\_\_?" 75 Alert shade? 76 \_\_\_ Org. that's not for hackers 77 \_\_\_ Colored like the clear sky 78 \_\_\_ Revolutionist's need 79 \_\_\_ About five 80 \_\_\_ Table scrap 81 \_\_\_ Bottomless gulf or pit 82 \_\_\_ Most plain

## Yesterday's Solution

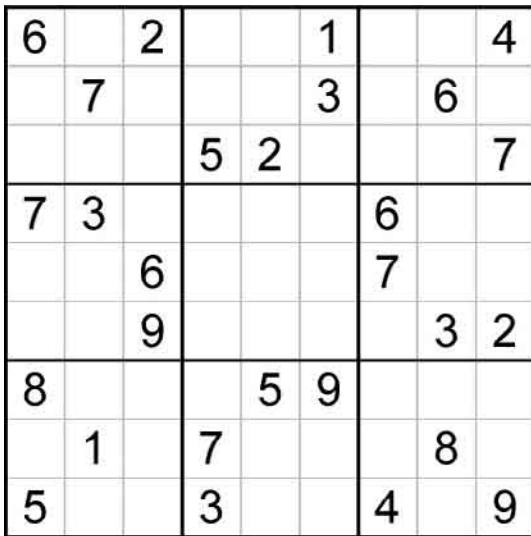
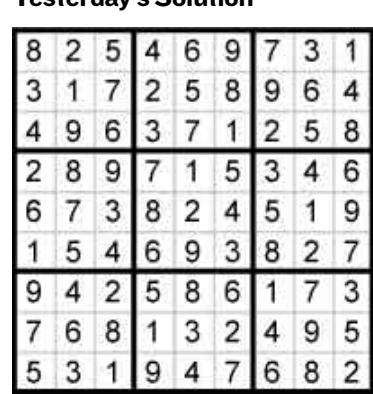


## Sudoku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see [www.sudoku.com](http://www.sudoku.com)

**Need more Sudoku?**  
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.



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5:30 pm - 7:00 pm

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# DOWNWARD DUDE

Guys discover  
yoga can twist  
their bodes into  
finer forms | **E5**



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## Mom's Parents or Dad's Career for Baby?

**Q** My husband and I are at a stalemate over whether to move closer to my family after we have a child. I'd always envisioned having my parents play a large role in my kids' lives, and since my husband and I grew up in the same state, we'd planned on returning one day. But he's since entered a line of work that doesn't offer many opportunities outside D.C. and a few other major cities. He's passionate about his work; I'm passionate about returning to my roots. This seems unsolvable. —FRUSTRATED AND NOT HOME

Please, please, please tell me the second line isn't pink on the EPT!



ERIC REECE

This is the stuff good marriages are made of. No, not arguments about whether D.C. is a stinkhole, but overcoming divergent opinions and finding a way to align your two

sets of goals without obliterating either of them. Kids versus jobs, in-laws versus space — these struggles are as old as Barney Rubble, but not at all unimportant. Also not

unimportant is your joint ability to communicate, to envision each other's perspectives and to love your spouse's dreams as you would your own.

Try to get away from the absolutes. For you, this might mean living somewhere that's close enough for your parents to see your kids' jujitsu championship, but too far for them to make every match. For your husband, this might mean viewing his job skills, interests and experience as a circle in a Venn diagram (channeling eighth grade here) and realizing there are outer circles that build on what he's doing now — and expand outward and involve things that look a little bit different.

If the two of you can bring this to a "good enough," mutually satisfactory conclusion, then your marriage and impending parenthood will have quite a fine foundation. At the risk of sounding like I should be teaching karate to Ralph Macchio, it's not the answers themselves that are important, but how you arrive

at them. Maybe this conflict is the first necessary challenge to get you used to sacrifice, patience and flexibility — qualities not unheard of in good parents.



Are New Year's resolutions a waste of time? —WANTING A FRESH START

Only if they involve ignoring "American Idol."

Like all goals, resolutions can be quite successful if they are realistic, manageable, broken down into small, systematic steps, worked into your already existing routine and—finally—filled with rewards for the effort (not just for the destination). Yea: Take a 10-minute walk before lunch at least three times a week. Bad: Lose 20 pounds this month by running every dawn to the strains of "Eye of the Tiger."

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

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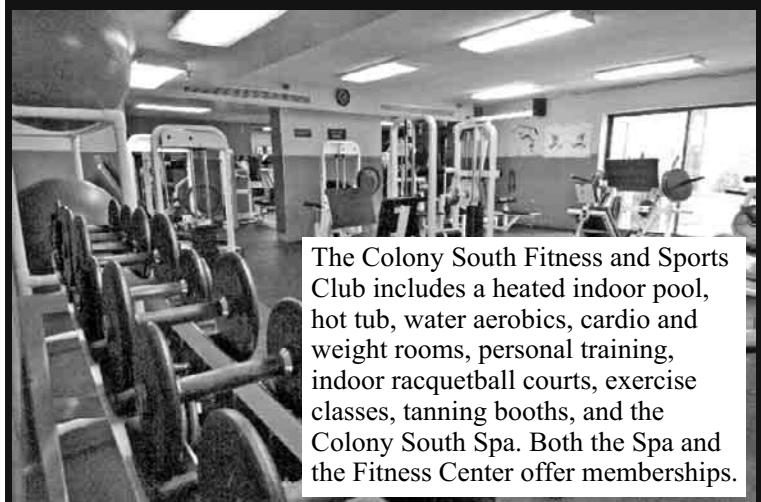
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## What About that New Year's Resolution?



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## Bacterial Beauty

IF SLATHERING bacteria on your face sounds gross, here's some news: There's already bacteria all over your face. The stuff's everywhere. So Probotix Anti-Aging Serum (\$65, [skinwest.com](http://skinwest.com) or see [bioelements.com](http://bioelements.com) for stores), which contains live bacteria and milk proteins, isn't any grosser than yogurt. The clear gel doesn't look or smell milky, and has a pleasant astringent effect that tightens up skin temporarily. And after a few days, a co-worker commented on how "well-rested" we looked.



## Canned Vitamins

IT'S NOT CHOCOLATE MILK. That much, we know. Nutri-Kids Chocolate Chug (and its sister product, S-Berry Blast!) may contain milk, but it's also pumped full of other substances, including fiber, omega-3 and an array of vitamins. Somehow, these things form a liquid that is entirely unlike chocolate milk — even in the presence of cocoa. Our 6-year-old tester was unimpressed. When adults gave it a go, we met unpleasant smells and a disconcerting texture. Also, one side of each can is in French ... ?



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## Tipping the Scales

THE NUMBER THAT FLASHES when you step on a scale disappears the instant you step off. That's no good for anyone tracking their weight. Enter the Xavix Lifestyle Manager (\$150, [xavixstore.com](http://xavixstore.com)), a device that stores weight, BMI and body-fat percentage info. With a XavixPORT (\$80) hooked up to a TV, you can graph your progress — and see if you need to spend more time with other Xavix applications, which let players sample virtual-reality games.

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PRODUCTS

## GuineaPig



## NyQuil, Watch Your Back

THE PRIMARY INGREDIENT IN Life Fitness' Soothing Sleep supplement — the shrub Ashwagandha (aka *Withania somnifera*) — is practically a panacea in traditional Indian medicine. Used for everything from leprosy to sniffles, it has a sedating effect that, for us, at least, was pretty powerful. A tester with chronic sleep issues still woke up a few times each night, but fell back to sleep quickly and without anxiety. It left a hangover, though no more than Tylenol PM might. Another tester downed the hefty white pills (\$20 for 28, CVS) on a trip to Belgium, where they helped her adjust to a new time zone by causing her to fall asleep at night despite previously being wide awake. Or maybe it was the magnolia bark extract that did the trick. Whatever it was, we slept well, and leprosy-free. HOLLY J. MORRIS (EXPRESS)

# Push Your Bod Around

Press off the ground to work your arms, abs, shoulders and more

**There's a good push-up for any occasion. Here are six to try:**

## The Classic

**GOOD FOR:** General upper-body conditioning. Balance your weight on your toes and palms, with your hands just beyond shoulder-width apart. Straighten your back by tucking your pelvis. Lower yourself to the floor, pause, and push back up.

**VARIATIONS:** Three-point push-up (place one foot on top of the other); decline push-up (set your feet on a bench or chair); triceps push-up (place your hands close together, so your thumbs and forefingers touch; shifts work from chest to arms).

## Rotational Push-Up

**GOOD FOR:** Sports involving torso

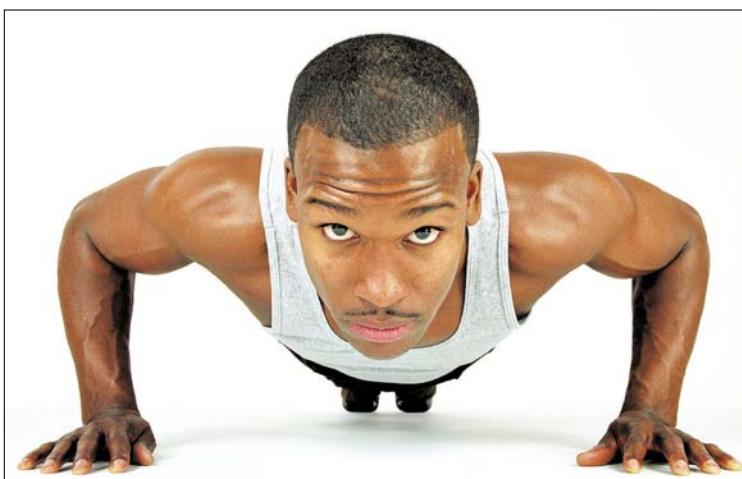
rotation. Assume the classic position, but as you come up, rotate your body so your right arm extends overhead. Return to the starting position, lower yourself, then push up and rotate till your left hand points toward the ceiling.

**VARIATIONS:** Two-dumbbell (grip dumbbells in both hands, and alternate sides when you come up).

## Plank

**GOOD FOR:** Posture; midsection endurance and stability. Lie face-down, rest your weight on your forearms and toes, tuck your hips and hold your body in a straight line from ankles to shoulders. Do a total of 10 five-second holds.

**VARIATIONS:** Progress to longer holds. Try a regular push-up posi-



GETTY IMAGES

tion, or do it on your knuckles.

## Walking Push-Up

**GOOD FOR:** Abdominal development;

shoulder stability. Set up in the classic push-up position on a smooth floor, and place your feet on a towel. Walk with your hands across the

room, turn, and walk back. Keep your back flat throughout the movement.

## Plyometric Push-Up

**GOOD FOR:** Developing upper-body power. Set up in the classic position on a well-padded carpet or exercise mat. Push up hard enough for your hands to come off the floor and catch some air. When you hit the floor, go immediately into the next repetition, pushing up again as hard as you can and catching more air.

## Chain Push-Up

**GOOD FOR:** Upper-body strength and stability. Wrap a pair of chains around a chin-up bar or the crossbar of a power rack. At the bottom, the chains should be six to eight inches off the floor. Attach either gymnastics-type rings or a straight bar to the ends of the chains. Grab the rings or bar and do push-ups, being careful to protect your shoulders. LOU SCHULER (REPRINTED WITH PERMISSION FROM MEN'S HEALTH MAGAZINE © RODALE INC.)

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# Boy Meets Mats

Local yoga studios now offer guys-only classes

**It's the year of the downward dude. Yoga for guys is the newest fitness twist in Washington, D.C., with three local studios kicking off man-only classes in January and February.**

"Yoga used to be something that little old ladies, hippies and weirdos did," explained John Schumacher, 61, owner and founder of the local Unity Woods yoga center. "Now a lot of athletes, male movie stars, and rock 'n' roll and hip-hop singers

men a thorough introduction to a few of the 847,000 or so postures. Actually, it's more like a re-introduction, since yoga was invented by men, and most of the top teachers have been men.

At Boundless Yoga, instructor Chaka Freeman (yes, that's his real name — his parents were Haight-Ashbury hippies) opened a recent class by discussing why men shun the discipline: They think it's not a good workout and it's not competitive enough. Then he set them straight:



At Boundless Yoga, men stretch tight muscles without fear of female observation.

do it." A member of the Baltimore Ravens has been a regular Unity Woods customer.

Not every bloke is ready to salute the sun. That's where the man class comes in. Guys don't have to worry about looking silly in front of females they might be trying to impress. They're also less likely to do that macho thing of competing like crazy to outdo women, who are often better able to tie themselves in yoga knots (they usually have wider hips and are less muscle-bound, which gives them a flexibility edge). Plus, the instructor can focus on poses that remedy manly problems like tight hamstrings, hips and shoulders and schlumpy posture.

Some fellows think "yoga for guys" is code for intense, high-powered yoga. Not so. The classes aren't easy, but they're not killer yoga, either. The goal is to give

## AVERAGE JOE-GA

- Yoga for Guys at Boundless Yoga (1522 U St. NW; 202-234-9642; [boundlessyoga.com](http://boundlessyoga.com)) is held Mon. at 7:30 p.m. First-timers pay \$20 for a two-class pass.
- Yoga for Men at The Sports Club/LA (1170 22 St. NW; 202-974-6600; [thesportsclubla.com](http://thesportsclubla.com)) is Thurs. at 7:30 p.m. and Sun. at 8:30 a.m. Ask the membership office to schedule a visit.
- Yoga for Men (yep, another one) at Inspired Yoga (1115 U St. NW; 202-462-1800; [inspiredyoga.com](http://inspiredyoga.com)) starts this Fri. at 8 p.m. A one-class pass is \$17.

Yoga has tremendous benefits for inflexible men. It can be plenty tough (as he proved later, when he taught the side plank pose, which is kind of like a sideways, one-armed push-up). But it's not a contest: Don't

push yourself to the point of discomfort and don't feel bad about "falling out" of a posture, Freeman, 36, counseled. That just means you're challenging yourself.

Straightforward and low-key, Freeman comes across as a regular guy who's showing some cool moves to buddies who want to loosen up muscles made tight from too much running and biking and weight-lifting. He walked around the long, narrow room, correcting postures with a firm touch (like a push on the shoulders to deepen a stretch). He only slipped into yoga-speak during the closing meditation, when he advised everyone: "Be happy to be you."

At The Sports Club/LA in Foggy Bottom, the class has a similar style, except the teacher is female. Anneli Werner, 32, is like a sweet and helpful sister who wants to help her poor, stiff brothers. "If I come to adjust you, that doesn't mean you're doing it incorrectly," she told her students. "I just want to give you a deeper stretch."

The stretches are demanding. So is the balance work (you try standing on one leg for a minute or so).

At both studios, some students are newbies, while others have tried yoga before. They all seem pretty happy with the experience. "It was good, really good," said Andrew Dunscomb, 38, who came to Boundless Yoga looking for a class that would "emphasize some of the basic flexibility problems men have."

At The Sports Club/LA, Wolf Saperstein, 79, says he wanted to see whether yoga will give "freedom from the aches and pains of aging." He found the class "far more strenuous than I ever would have believed." But he's coming back for more: "I enjoyed it very much."

The absence of women is a boon, noted Bruce McGillicutty, 29, who took the Boundless Yoga class. "I felt free and not self-conscious to sweat and be smelly." And there's no pressure to be fashionable. In both classes, guys wore sweats, shorts, pajama bottoms — anything but yoga pants. MARC SILVER

## MIXED MEDIA ►► BUILD A YOGA LIBRARY

### CONTACT: THE YOGA OF RELATIONSHIP (\$40)

■ Coffee table tomes about yoga are rare, but this slick book on partner yoga is meant to be seen. Featured in the enormous photos are yoga stars Rod Stryker, Shiva Rea and Seane Corn, and celebs like Daphne Zuniga.

**THE GOOD:** Even if you've never attempted so much as a sun salutation, seeing these gravity-defying poses might spawn a sudden need for a yoga mat and stretchy clothes.

**THE BAD:** Most poses are advanced and should be attempted only by those with proper training — or serious injuries could result. And not all poses are named, which might be frustrating for those pining for more information.



### YOGA FOR SUITS: 30 NO-SWEAT POWER POSES TO DO IN PINSTRIPES (\$15)

■ Several yoga-based poses can be done in your office, such as the spreadsheet hip opener, a seated exercise in which one leg is crossed over the thigh, and the torso bends over the desk. The downward dog is a variation of the downward-facing dog; here, the hands rest on the desk as the body bends at the waist.

**THE GOOD:** It shows what's possible even within the

confines of a small space.

**THE BAD:** Those in the great wide open might feel a bit self-conscious. Also, many poses might be tough to achieve in a skirt and pant hose.

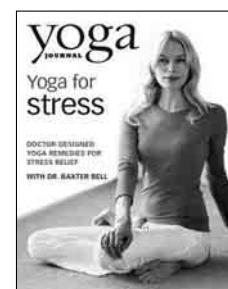
### YOGA FOR STRESS (\$20)

This DVD from Yoga Journal is divided into five segments: stress prevention and stress relief (each 35 minutes), an eight-minute breathing practice, a six-minute guided relaxation and an eight-minute guided meditation. Dr. Baxter Bell targets the usual stress zones, such as the neck, shoulders, lower back, hips and legs.

**THE GOOD:** This practice will unkink backs, loosen hip flexors and soothe tight shoulders. Segments have a good flow and work the entire body, including the core.

**THE BAD:** The tone of Bell's sonorous voice and his continuous narration get a little monotonous after a while. Dozing off during a floor pose is a possibility.

JEANNINE STEIN (LOS ANGELES TIMES)



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# Treat Her Like a Lady

Some common drugs affect women and men very differently

**Let's face it: Playing doctor as kids exposed the most exciting distinctions between boys and girls. But new research has uncovered less obvious differences between the sexes — specifically, our responses to drugs.**

Men and women have variations in every organ of the body. For starters, our livers produce different versions of enzymes (the chemicals that break down medication), which affects the way we process drugs. So keep this info in mind.

## Acetaminophen (Tylenol)

**WHAT'S THE DIFFERENCE?** A woman's liver takes longer to process this pain reliever found in many OTC meds, making liver damage

and overdoses more likely.

**WHAT TO DO ABOUT IT:** Try to restrict your intake to four 325-milligram tablets or fewer a day. Check labels for acetaminophen on all meds.

## Antidepressants

**WHAT'S THE DIFFERENCE?** Women's brain cells have more receptors that bind with the feel-good chemical serotonin, so we're more sensitive to its mood-boosting effects.

**WHAT TO DO ABOUT IT:** If you worry you may be depressed, ask your doctor about Paxil, Prozac and other selective serotonin reuptake inhibitors (SSRIs). Women probably respond better to SSRIs because they extend the time serotonin hangs on to brain cells. Monoamine oxidase inhibitors (MAOIs) don't target



ISTOCKPHOTO

serotonin as effectively.

## Erythromycin

**WHAT'S THE DIFFERENCE?** High levels of erythromycin, used to treat bacterial infections like bronchitis and strep, can cause irregular heartbeats.

Since a woman's heart normally takes a fraction of a second longer to return to rest between beats, further disruption can be life-threatening.

**WHAT TO DO ABOUT IT:** Ask your doctor whether another antibiotic would be safer.

## Benzodiazepines

**WHAT'S THE DIFFERENCE?** Women's liver enzymes process this class of tranquilizers more quickly than men's, so the meds don't stay in our systems as long.

**WHAT TO DO ABOUT IT:** If you feel that a prescription sedative, such as Klonopin, Valium or Xanax, isn't working, tell your doctor. You may need a different or more frequent dose. And ask whether an antidepressant might work even better.

## Prednisolone

**WHAT'S THE DIFFERENCE?** This steroid treatment for asthma is less effective when progesterone levels are high. So you're more vulnerable to attacks the two weeks before your period.

**WHAT TO DO ABOUT IT:** Discuss other meds with your doctor. Sometimes the Pill can regulate progesterone levels; a different steroid may work; or increasing prednisolone when you're premenstrual might be an option. (REPRINTED WITH PERMISSION FROM WOMEN'S HEALTH MAGAZINE © RODALE INC.)

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# Score a Real Super Bowl

Cereal creations to thin you down and buff you up

**Mixing cereal brands** counts as cooking, right? Take a scoop of a good-for-you cereal, add a scoop of a cereal you know tastes good and bingo. So we concocted these cereal combos to tackle specific health goals. Eat up, men.

## The Muscle Bowl

1 cup Post Selects Great Grains Crunchy Pecans; 1/4 cup Kellogg's Cocoa Rice Krispies; 1 scoop whey protein; 1 cup 2 percent milk

This nut-whey-milk combo gives you 27 grams of muscle-building protein, along with a shot of chromium, which helps your body convert amino acids into muscle. It's also a source of vitamin E and omega-3 fatty acids, compounds that limit

damage to your muscles after an especially hard workout. The Cocoa Rice Krispies have a bit of caffeine, which studies show can help boost performance in the gym.

→ **PER BOWL:** 567 calories, 27 grams protein, 84 g carbohydrates, 15 g total fat, 7 g fiber

## The Weight-Loss Bowl

3/4 cup Fiber One; 1/4 cup Cap'N Crunch's Peanut Butter Crunch; 2 tbsp. slivered almonds; 3/4 cup skim milk

Studies show that a high-fiber meal not only helps satisfy your hunger, but also helps keep you fuller longer after eating. This bowl provides 24 grams of fiber — almost your entire day's recommended intake. The almonds and the peanut butter provide hunger-fighting monounsaturated fats, which have been shown in trials to help dieters lose weight.

→ **PER BOWL:** 265 calories, 14 g pro-

tein, 54 g carbohydrates, 8 g total fat, 24 g fiber

## The Heart-Healthy Bowl

1/2 cup Post Selects Cranberry Almond Crunch; 1/2 cup Post Raisin Bran; 2 tbsp. toasted wheat germ; 1 cup skim milk

The cereals and wheat germ provide your body with loads of vitamin E, folic acid, and vitamins B6 and B12 — some of the most important nutrients for protecting your heart from disease. As for the fruit, raisins are a natural source of salicylic acid, the inflammation-fighting ingredient in aspirin. And research shows that, ounce for ounce, cranberries have more heart-disease-fighting compounds than any other fruit or vegetable.

→ **PER BOWL:** 338 calories, 17 g protein, 64 g carbohydrates, 4 g total fat, 7 g fiber. BRIAN GOOD (REPRINTED BY PERMISSION OF MEN'S HEALTH MAGAZINE. © RODALE INC.)

## ChewOnThis

| THE EXPERTS

## Football Food Goals



### What are some healthy Super Bowl snacks?

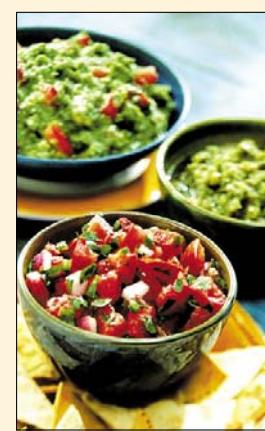
The biggest Sunday of the year doesn't require a fattening feast.

Whip up a pot of low-fat vegetarian chili — it's packed with fiber, protein and antioxidants. Just sauté some onions and garlic, throw in a variety of canned beans, tomatoes and corn, and season with salt, pepper and a hearty dose of chili powder.

Or buy boneless, skinless chicken tenders and oven-bake them with a little olive oil, salt and pepper. Then brush with a savory barbecue sauce for a delicious alternative to fatty wings. Don't nix the nachos, but do opt for lesser-evil toppings such as salsa, scallions and diced peppers, and go easy on the cheese and sour cream (opt for the low-fat stuff).

And don't forget to have loads of chopped veggies on hand — with no guilt, they're the perfect finger foods. Serve with lots of luscious low-cal dips like hummus, low-fat black-bean dip and non-fat ranch dressing.

Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at [nutrition@readexpress.com](mailto:nutrition@readexpress.com)



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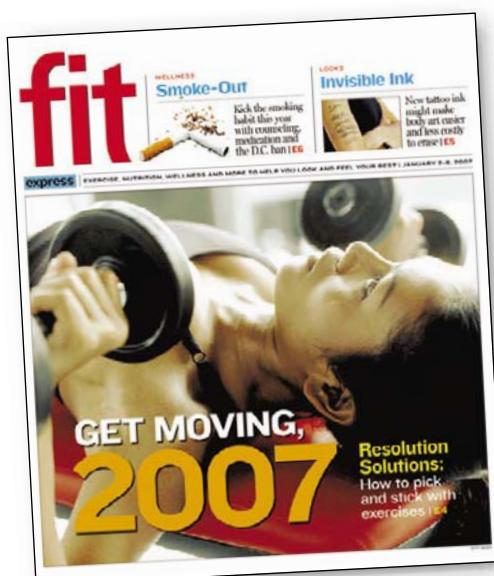
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No purchase necessary. Must be 18 to enter. Employees of Express, The Washington Post, Serenity Day Spa, Sport & Health and H&M are not eligible. Please visit [readexpress.com](http://readexpress.com) for complete rules. Entries must be received by Wednesday, January 31, 2007. Winner will be notified by February 2, 2007.